VISIT…

Mel Bay Presents

Daily Chop-Builders for Bass

by Josquin Des Pres

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About the Author

Born in St. Tropez, France, Josquin des Pres started out in music as the bass player for French jazz violinist Didier Lockwood and was an important part of the early eighties Paris music scene that gave birth to great players like, Manu Katche (Sting, Peter Gabriel) and Bunny Brunel (Herbie Hancock). As a studio musician appears on dozens of albums sharing credits with such noteworthy players as: Jeff Porcaro (Toto), Steve Lukather (Toto), Vinnie Colaiuta (Sting, Joni Mitchell), Billy Sheehan (Mr. Big), Jimmy Crespo (Aerosmith, Billy Squier), David Garibaldi (Tower of Power), Jerry Goodman (Dixie Dregs)...He is also a producer and Warner Chappell songwriter with credits that include multiple collaborations with Elton John's lyricist Bernie Taupin, as well as numerous covers by international artists.

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Preface

This book is designed to provide bass players with a wide variety of exercises indispensable to anyone wanting to develop the technique necessary to succeed in today's music scene.

Introduction

Practice 2 exercises per day **1 from the left hand section** of the book and **1 from the right hand section** of the book. Play each exercise **for at least 30 minutes.** Always **use a metronome.** Start at the **slowest indicated speed, concentrate on your sound,** then **gradually** speed up.

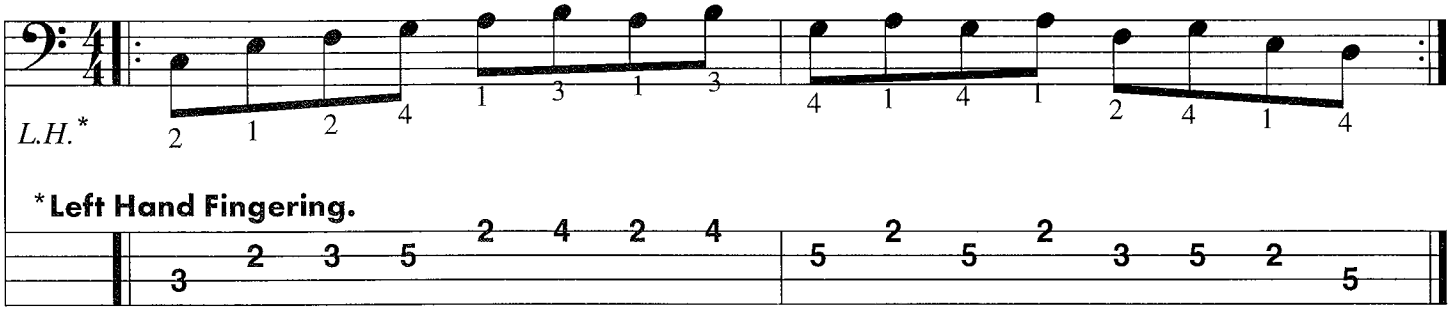
Section 1
Left Hand Exercises

Left Hand Dexterity Exercises In C Major

Play each exercise twice, then move up chromatically to the 12th fret then back down.

Track #5

1.) ♩ = 80/120



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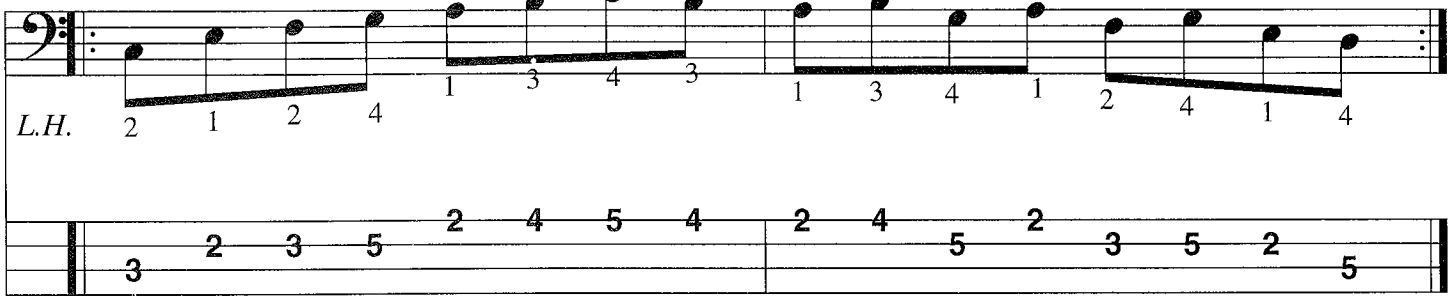

Track #7

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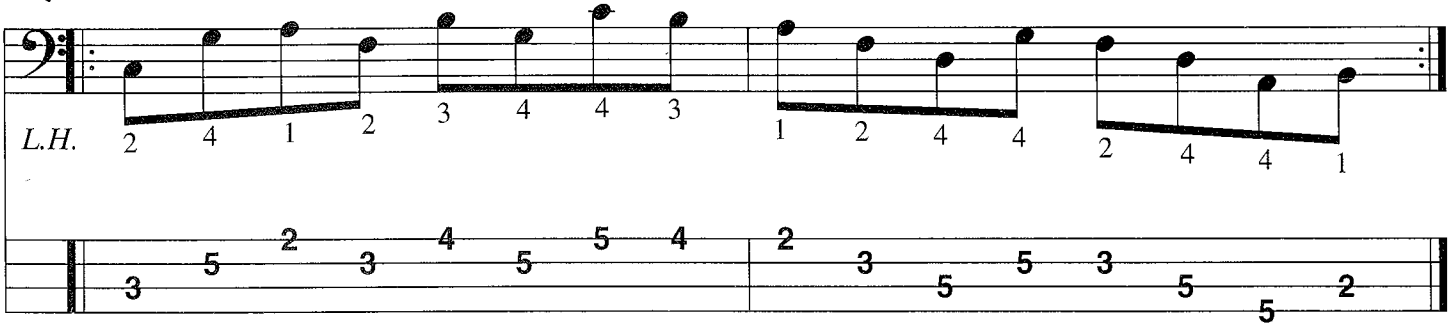

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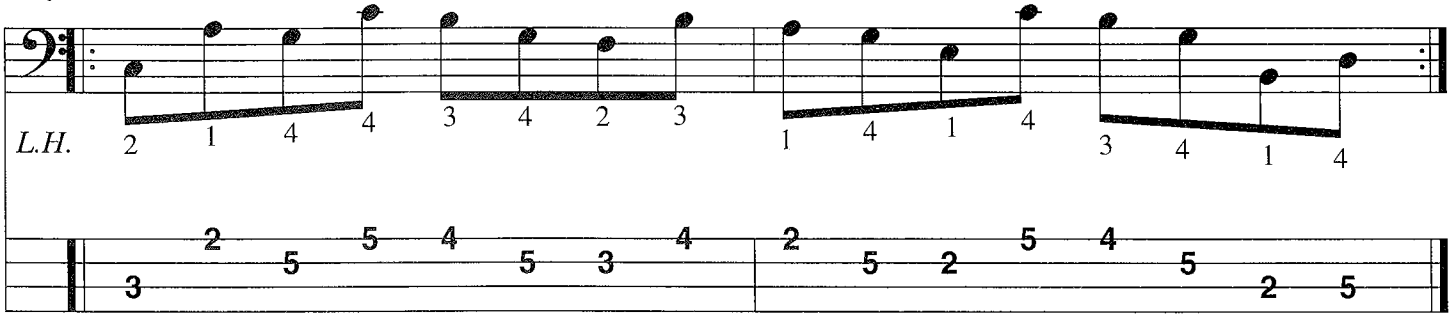

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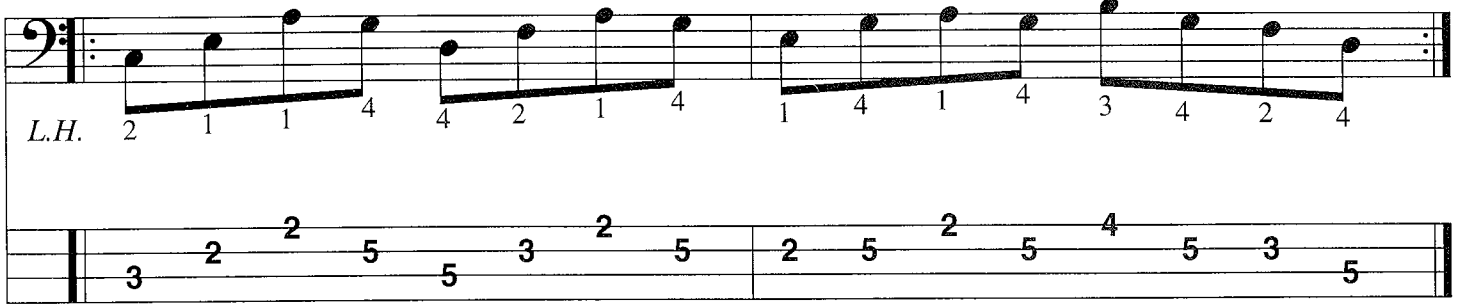

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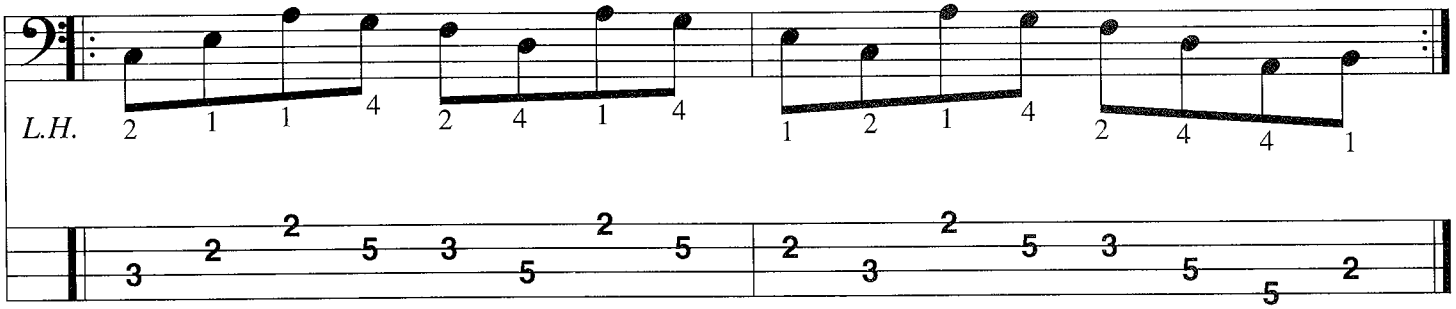

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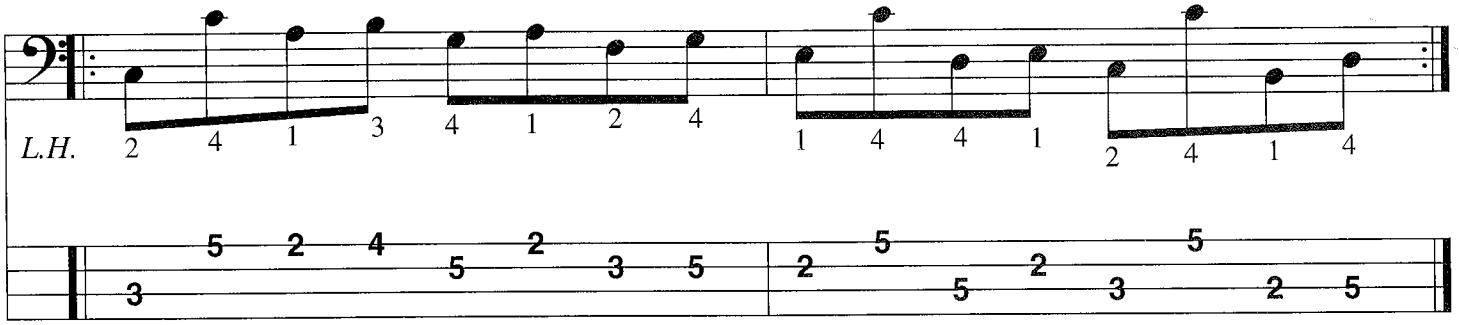

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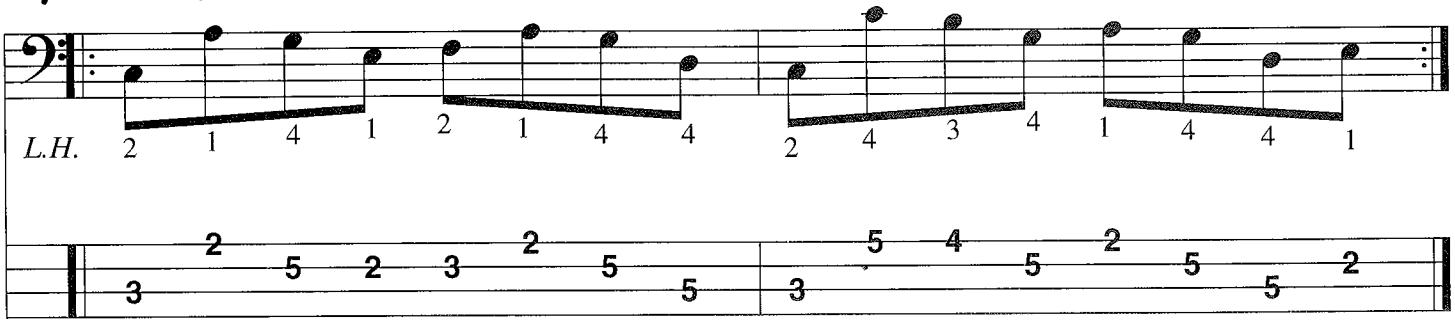

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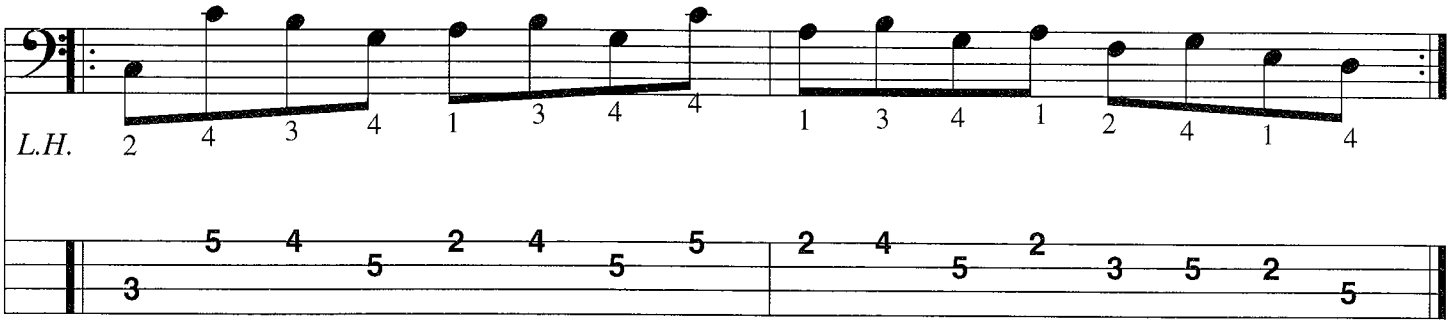

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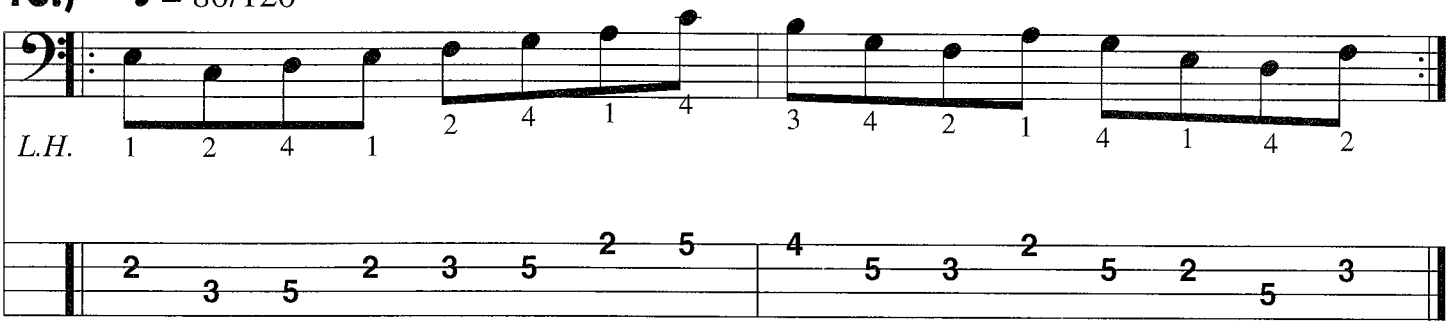

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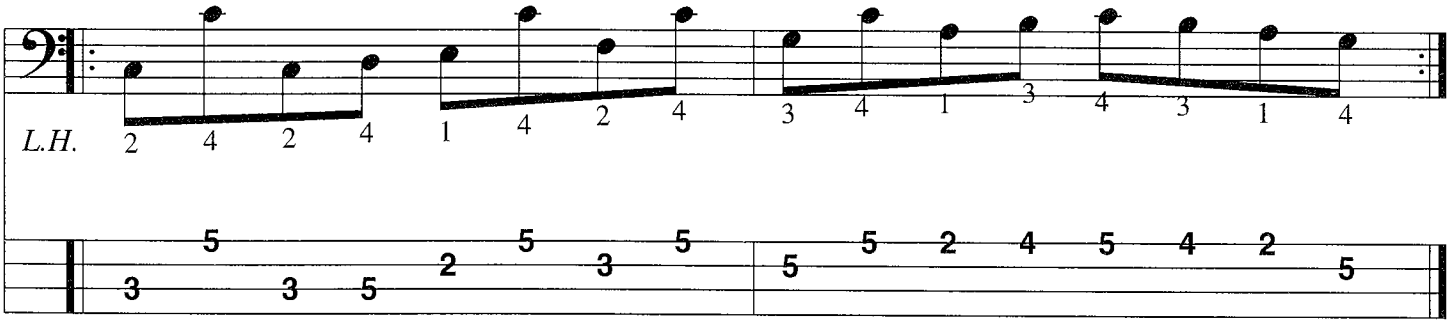

Track #16

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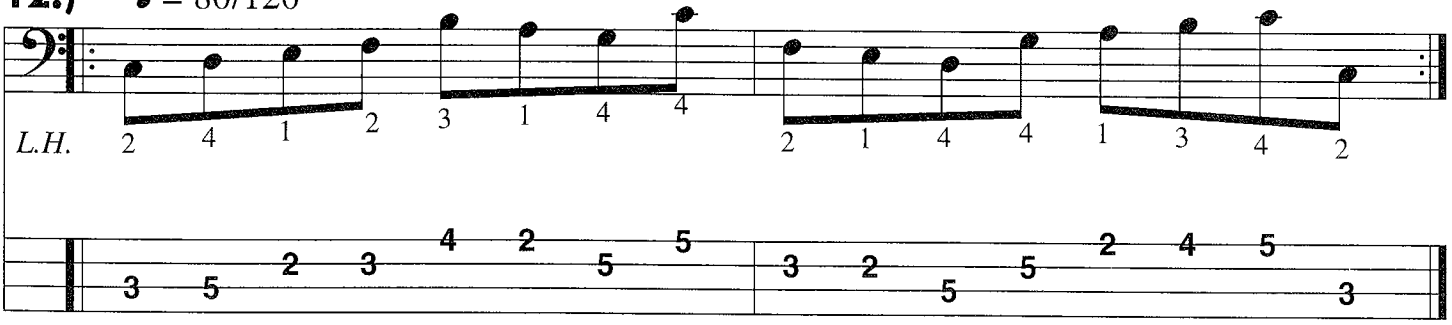

Left Hand Dexterity Exercises In C Major

Track #17

Play each exercise *twice*, then move up chromatically to the 12th fret then back down

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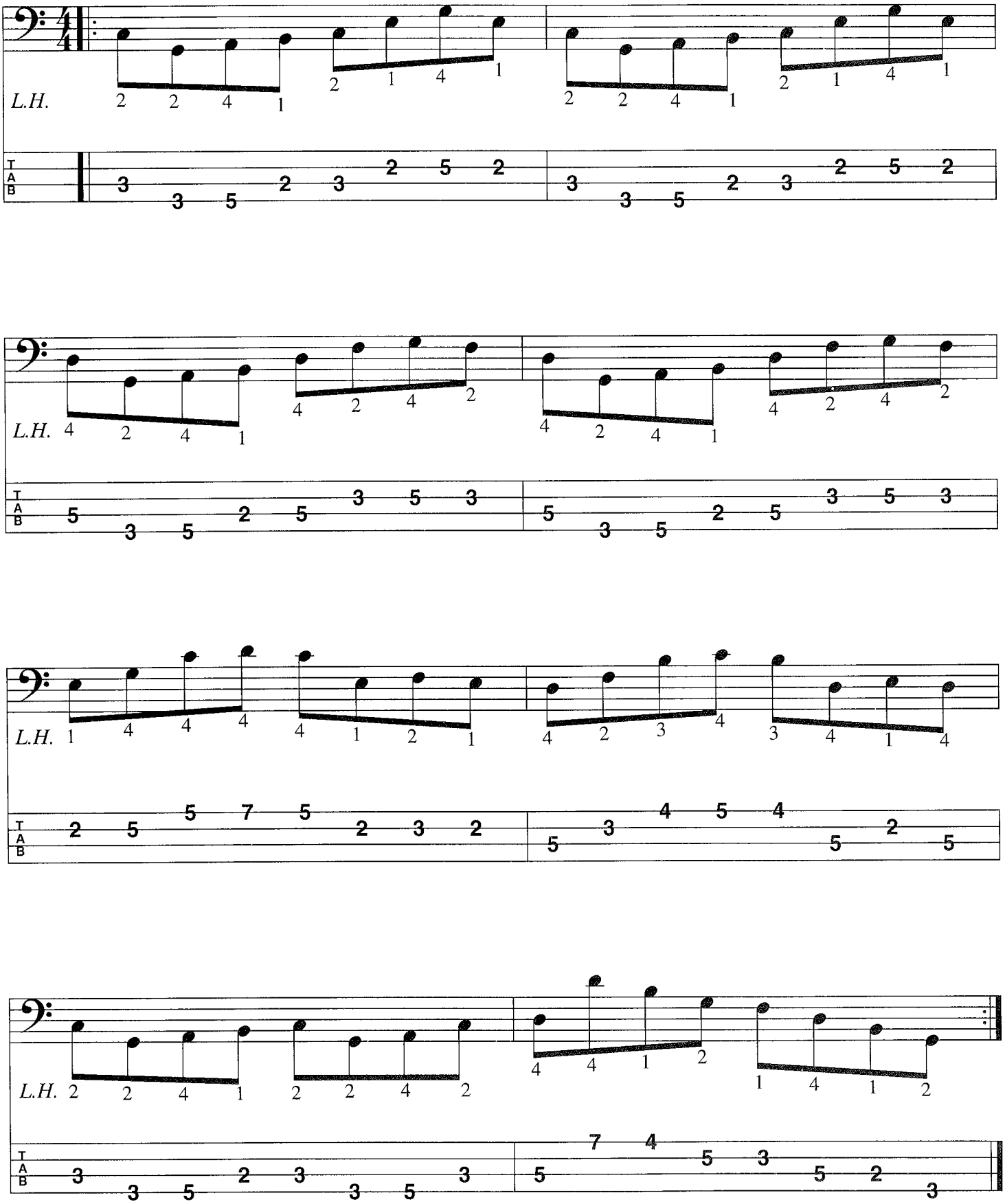

Track #18

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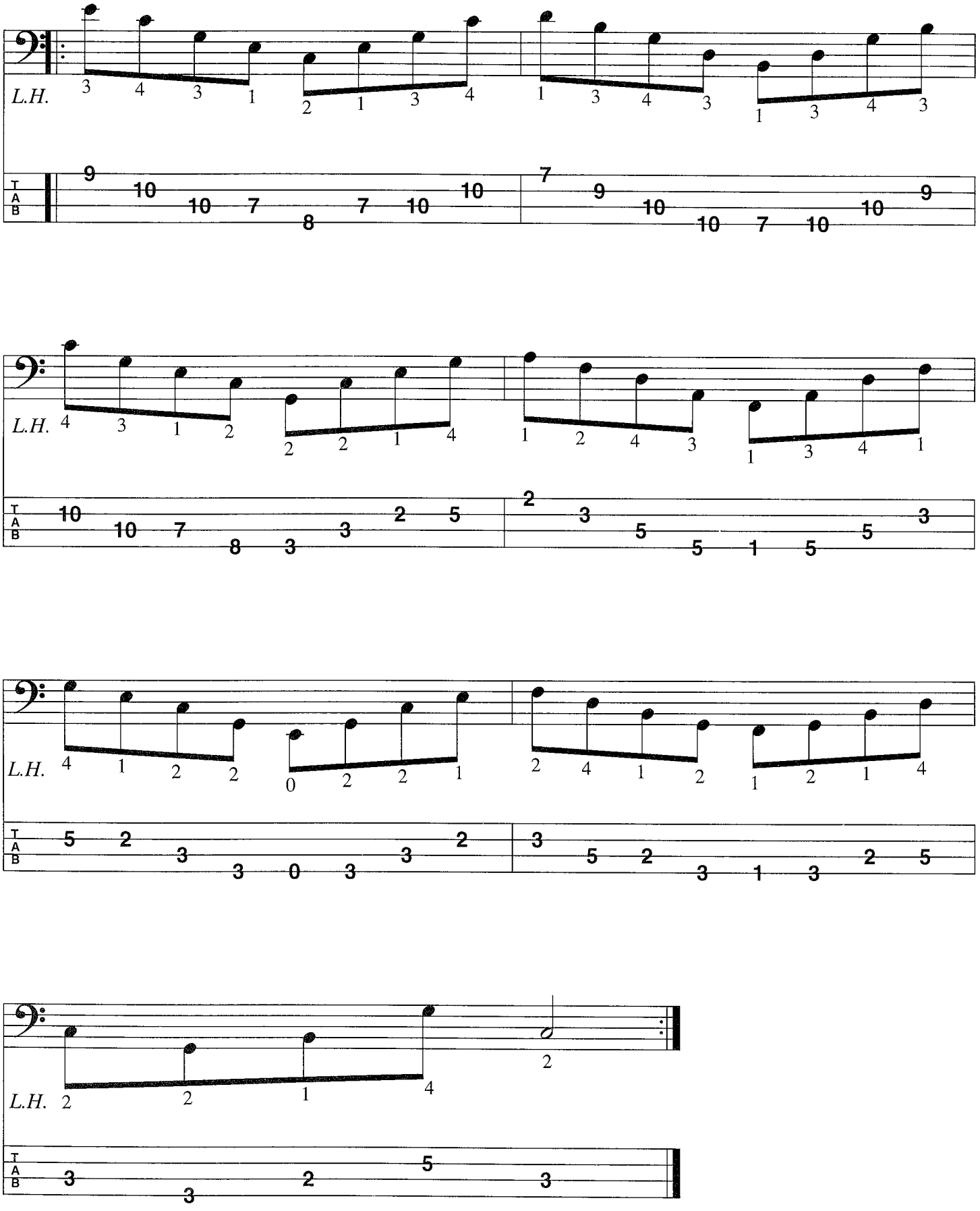
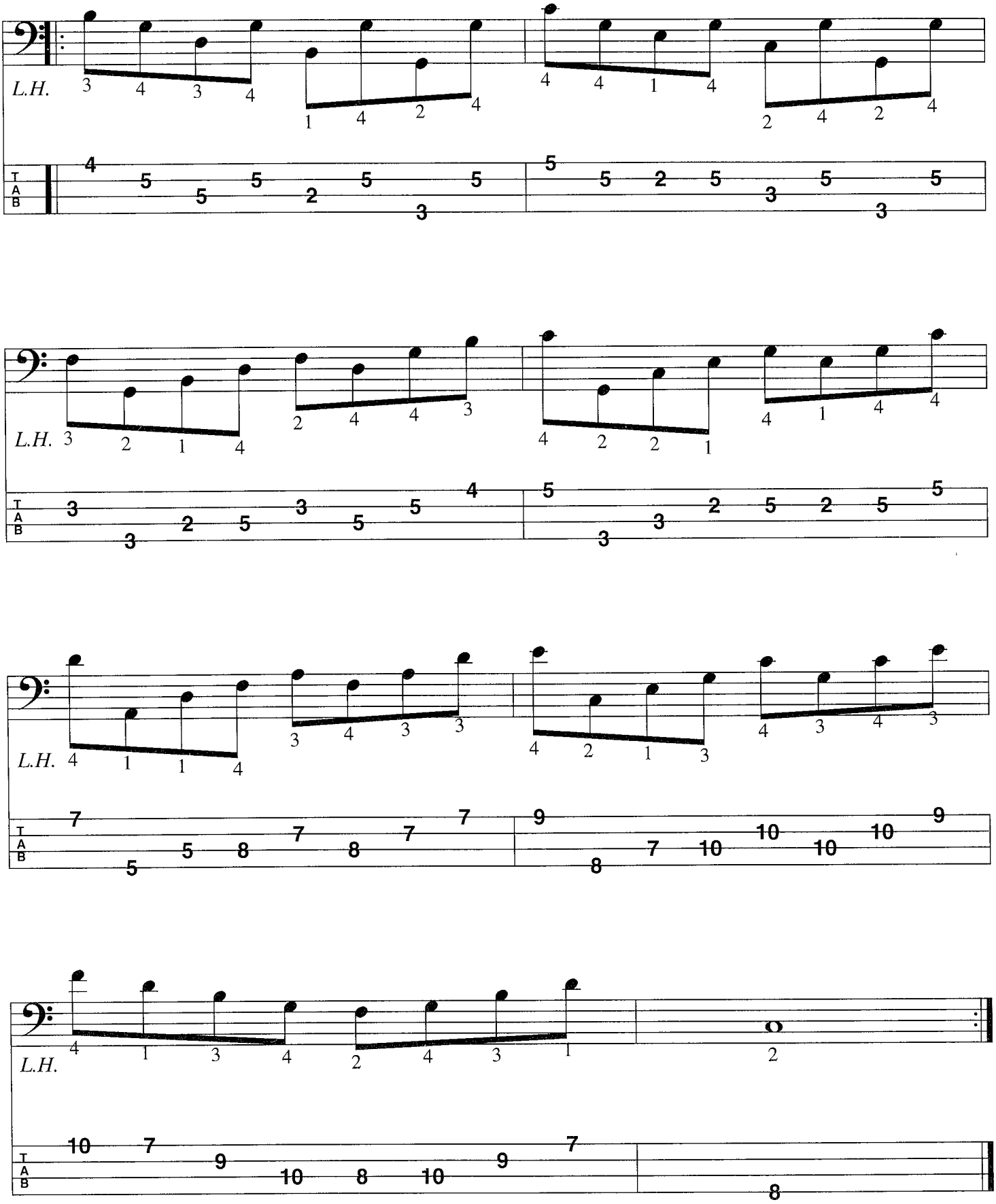


Track #19

3.) ♩ = 80/120



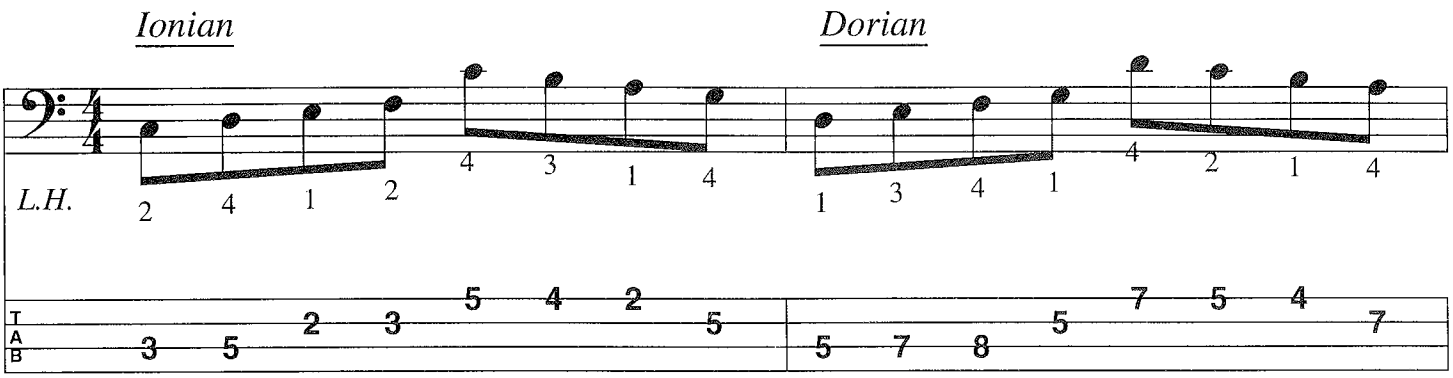
Exercises Over The 7 Modes of the C Major Scale

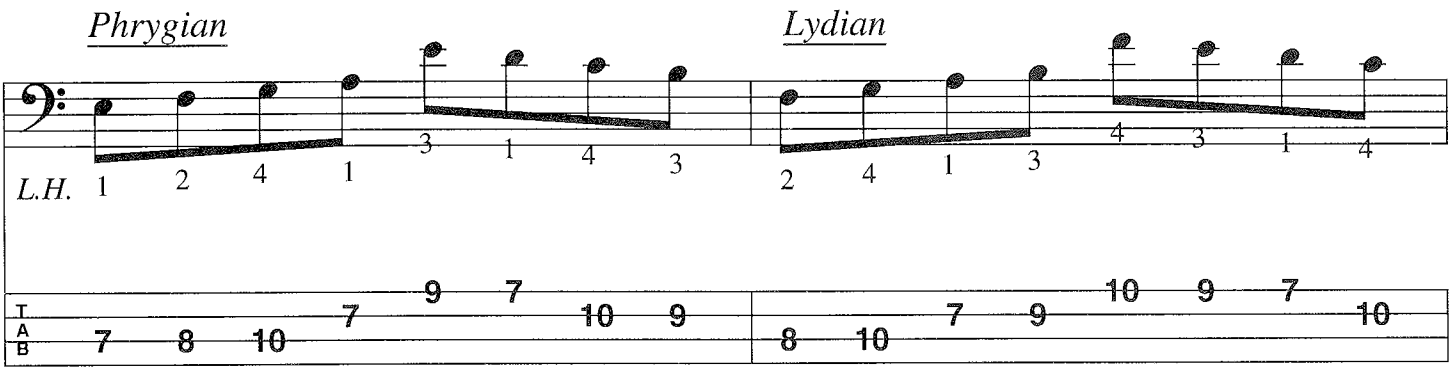
Inverting Tetrachords

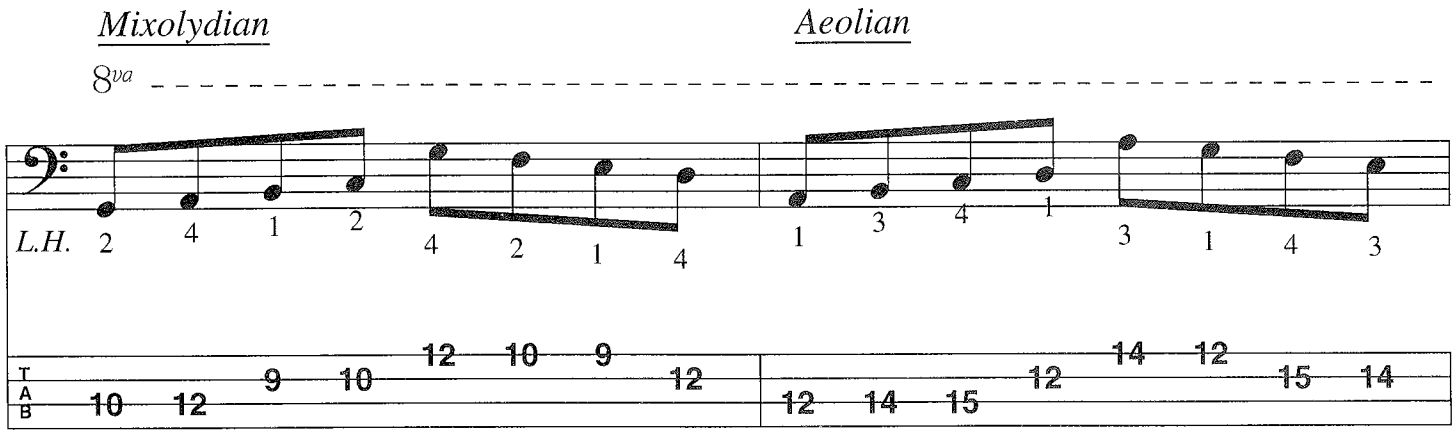
A tetrachord is a series of four consecutive notes comprising a interval of a fourth. For example: In the C major scale C.D.E.F. is the first tetrachord and G.A.B.C. is the second tetrachord.

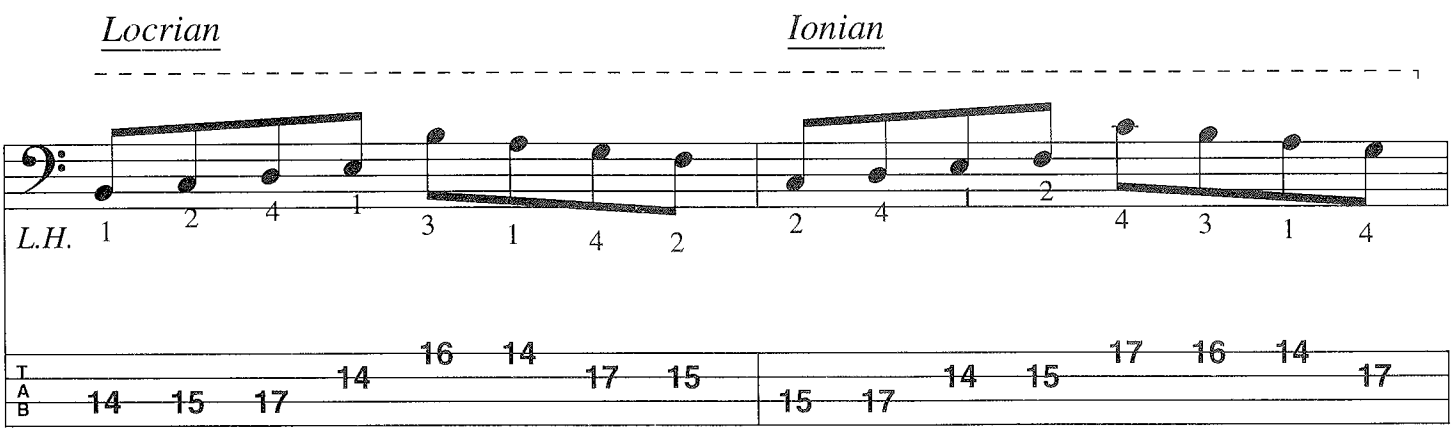
Track #20

1.) 1st tetrachord up, 2nd tetrachord down





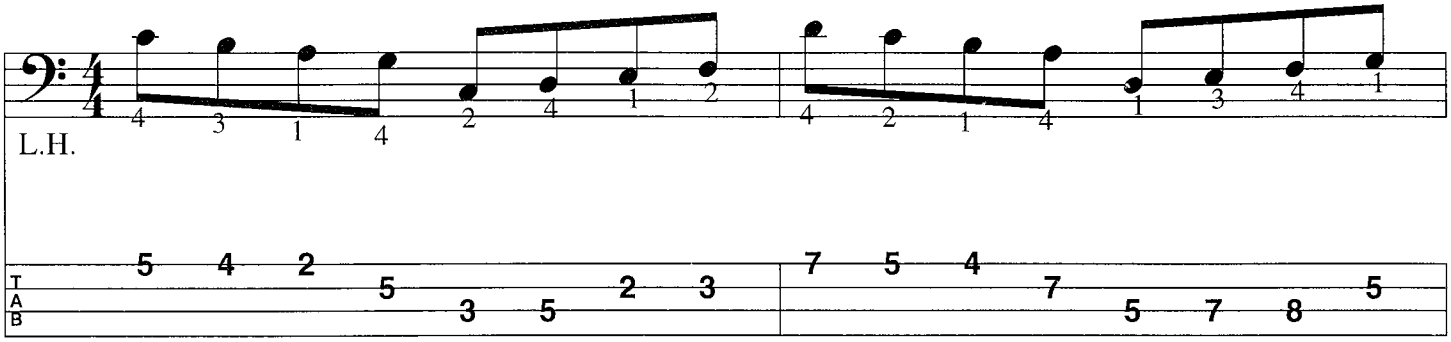




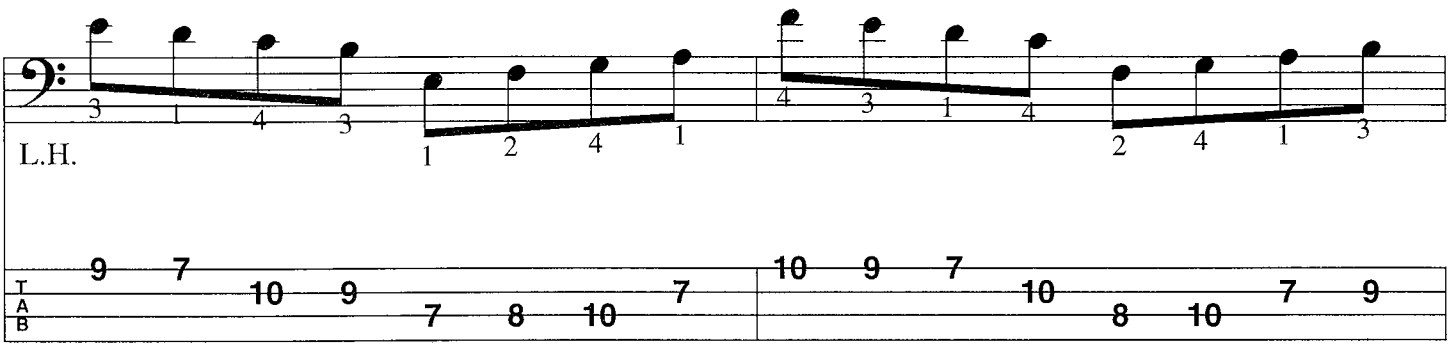
Track #21

2.) 2nd tetrachord down, 1st tetrachord up

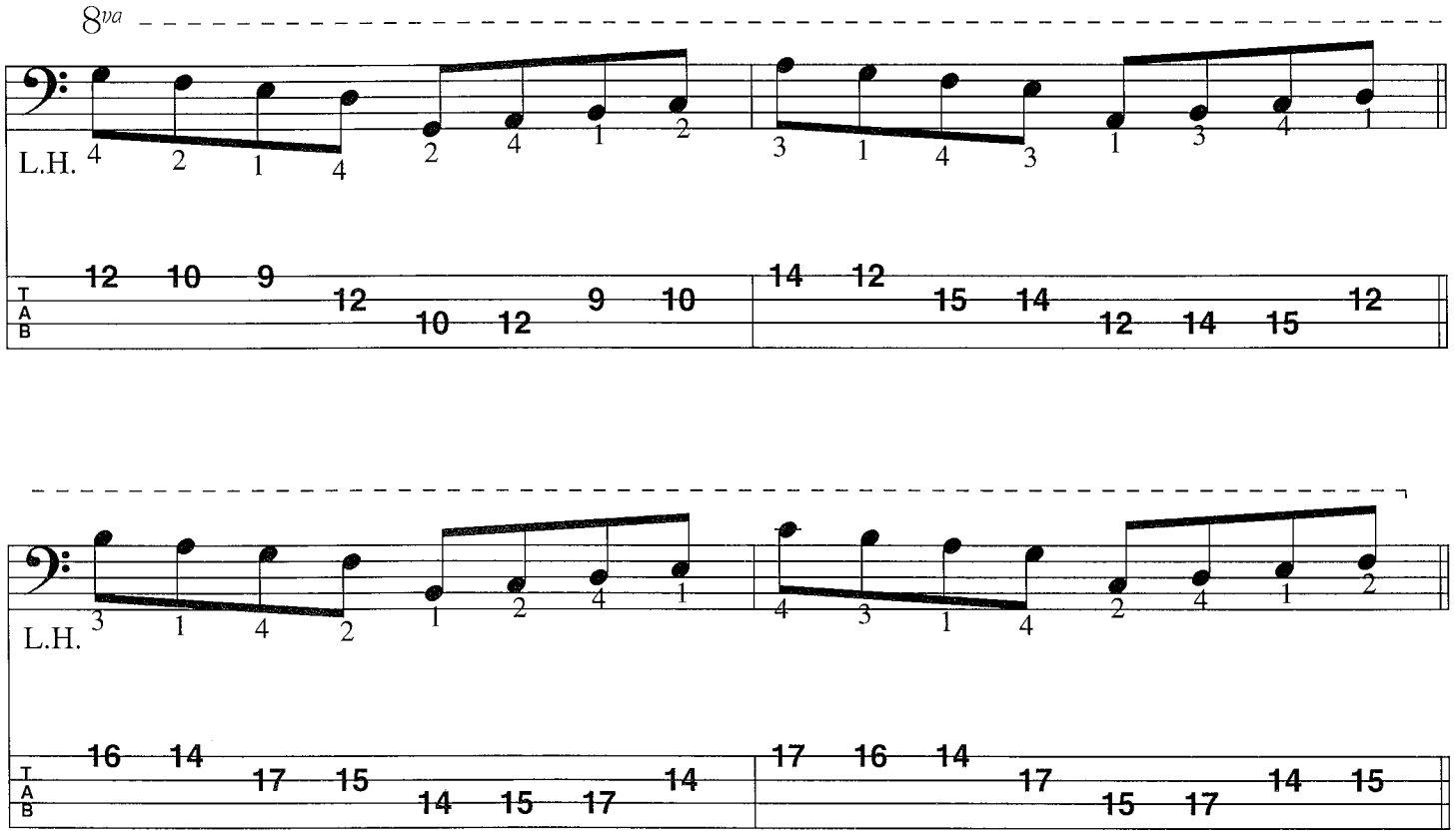
Ionian *Dorian*



Phrygian *Lydian*

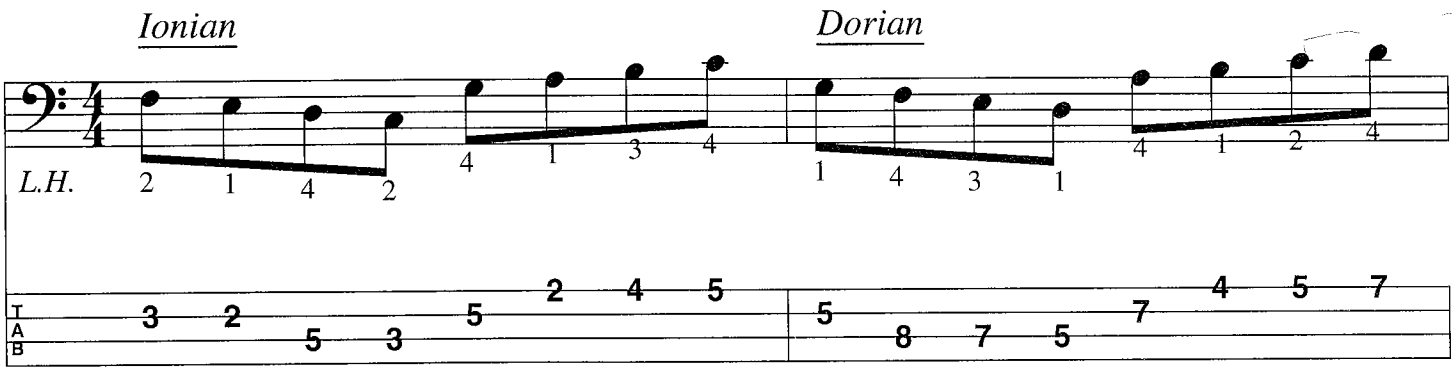


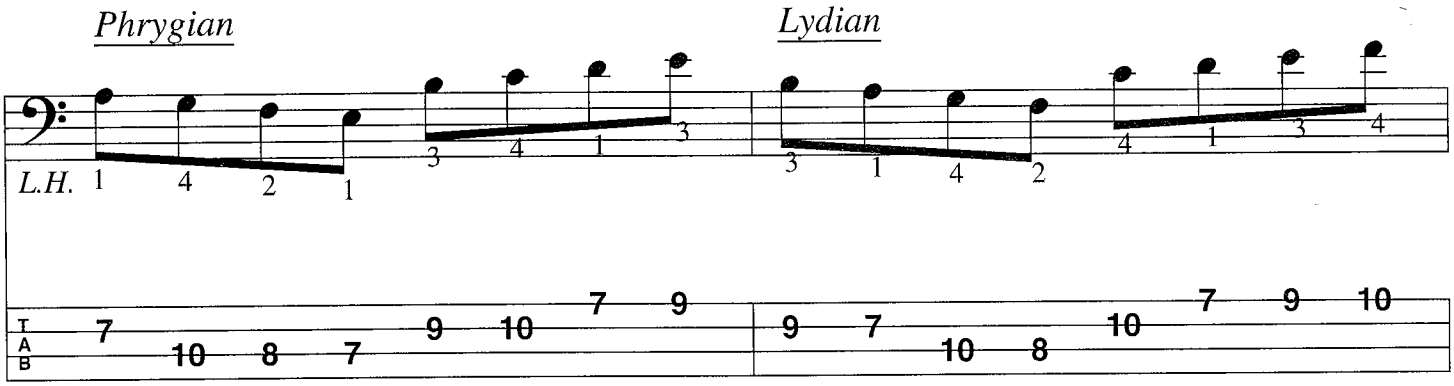
Mixolydian *Aeolian*

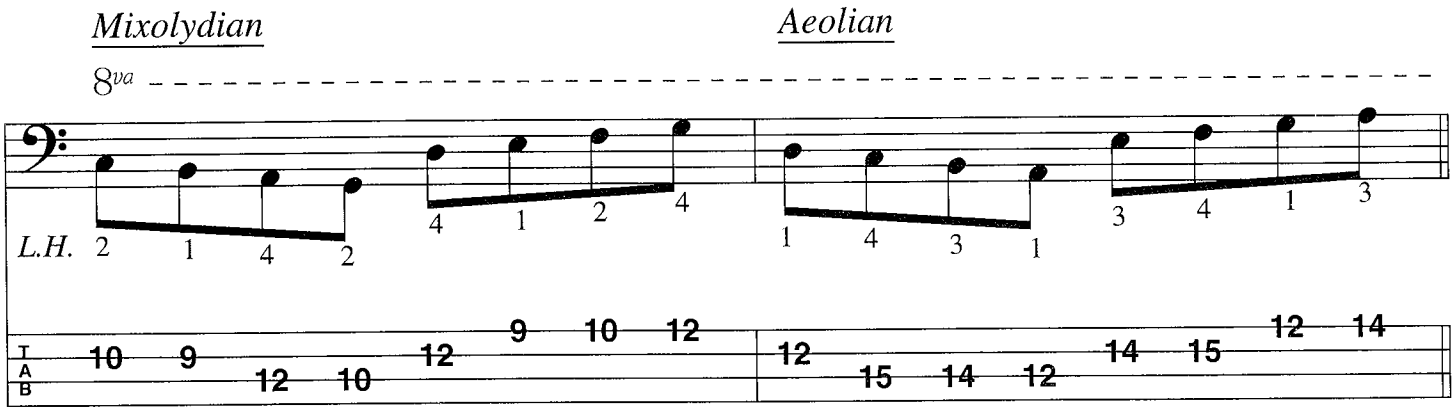


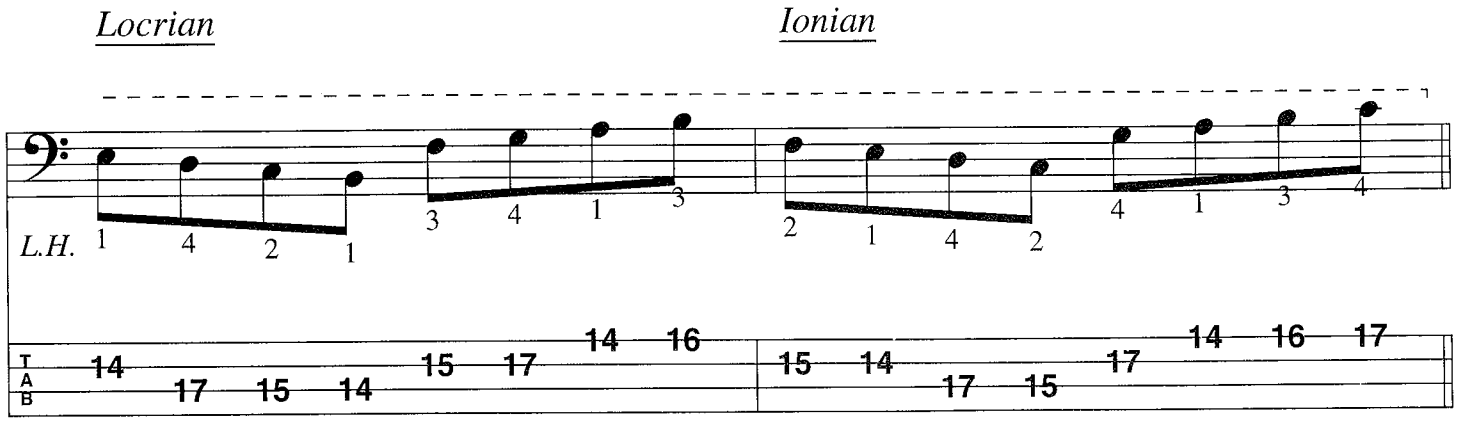
Track #22

3.) 1st tetrachord down, 2nd tetrachord up



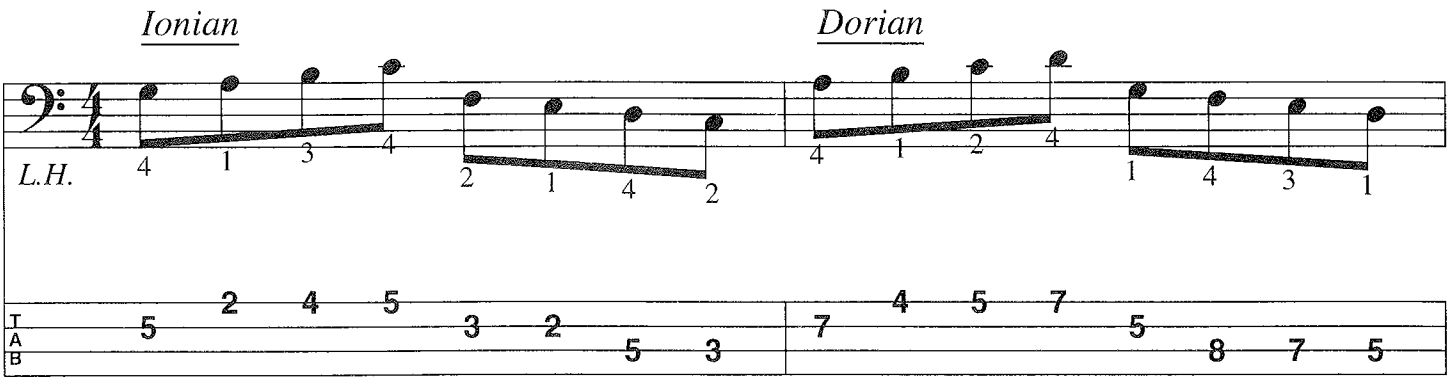


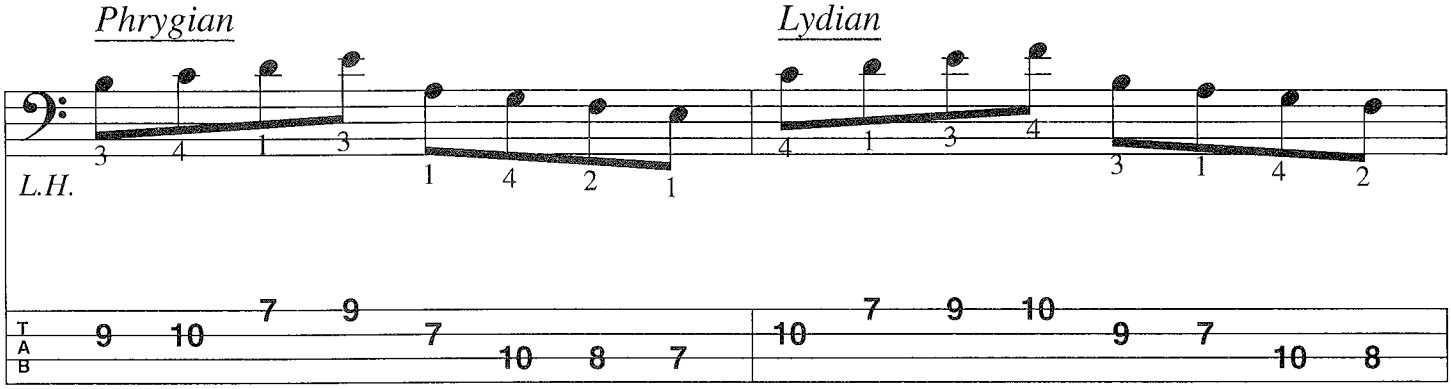


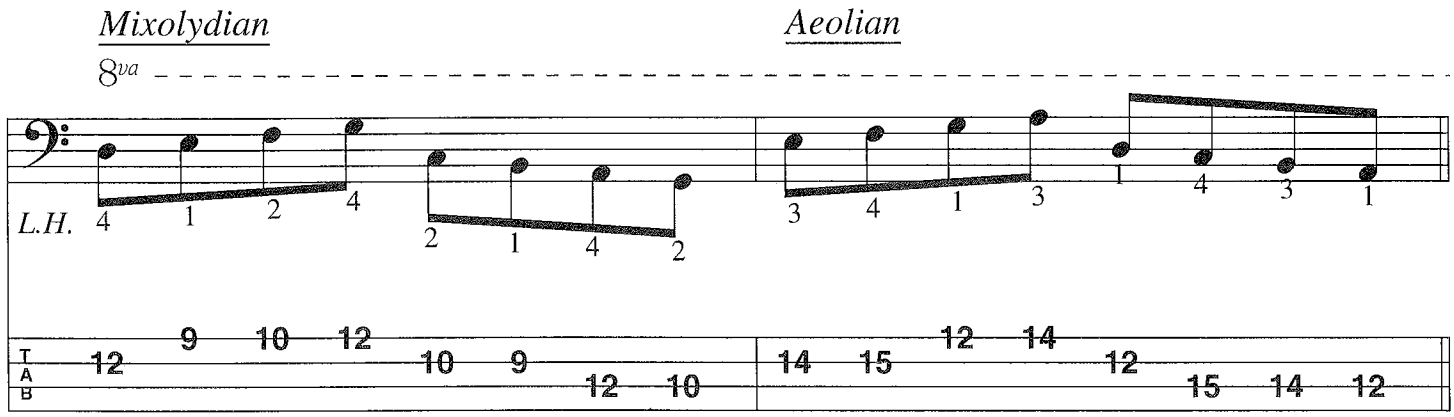


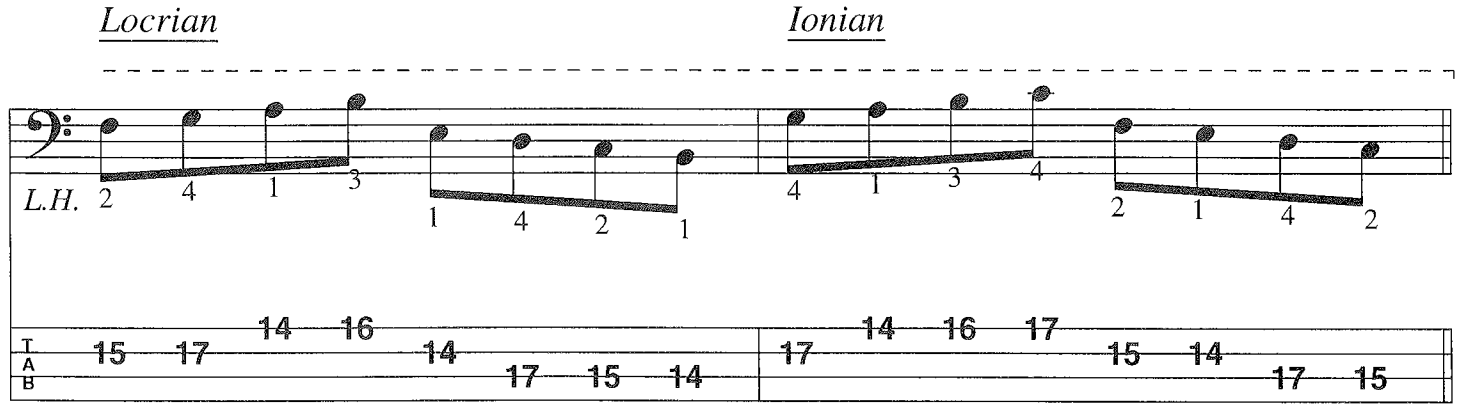
Track #23

4.) 2nd tetrachord up, 1st tetrachord down







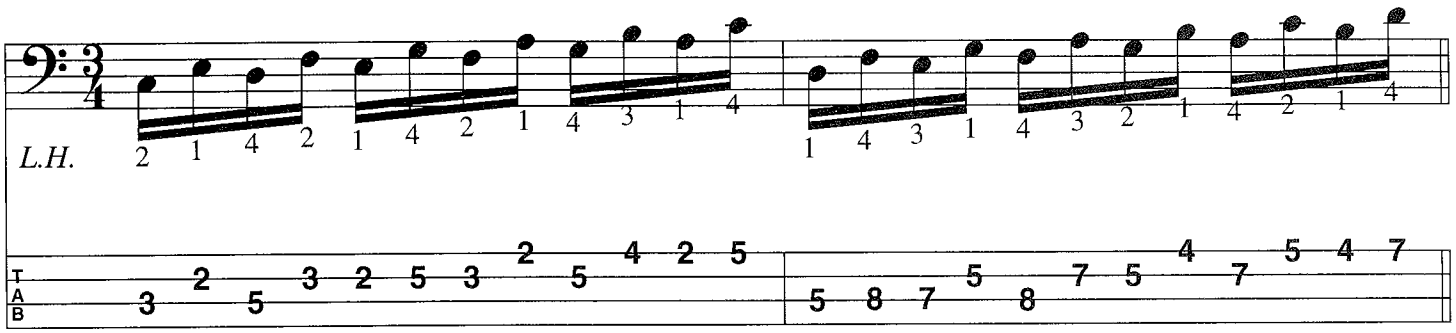


Ascending In Thirds

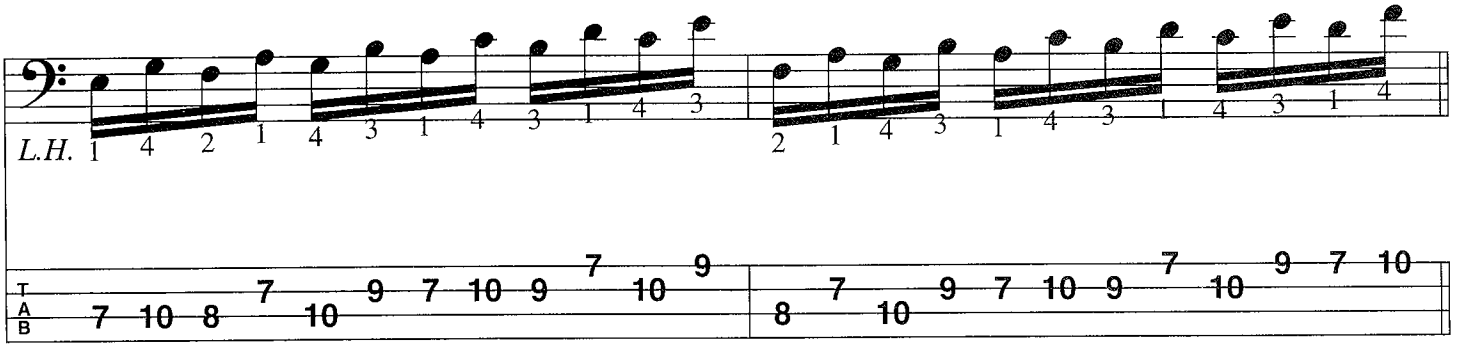
Track #24

5.) ♩ = 60

Ionian *Dorian*

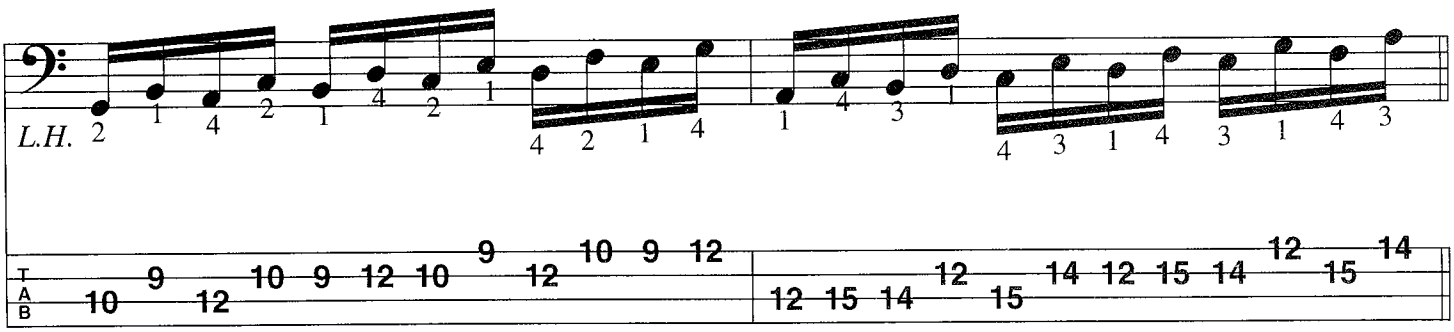


Phrygian *Lydian*

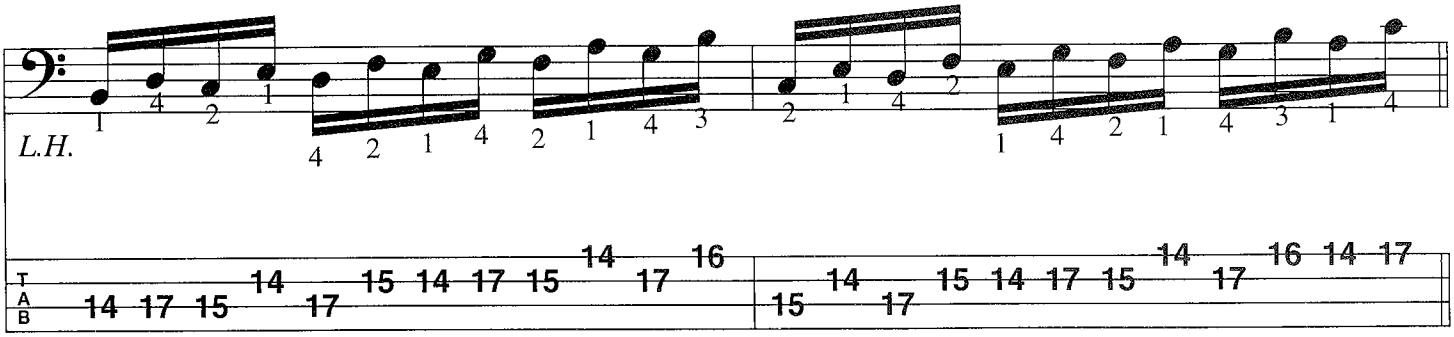


Mixolydian *Aeolian*

8va



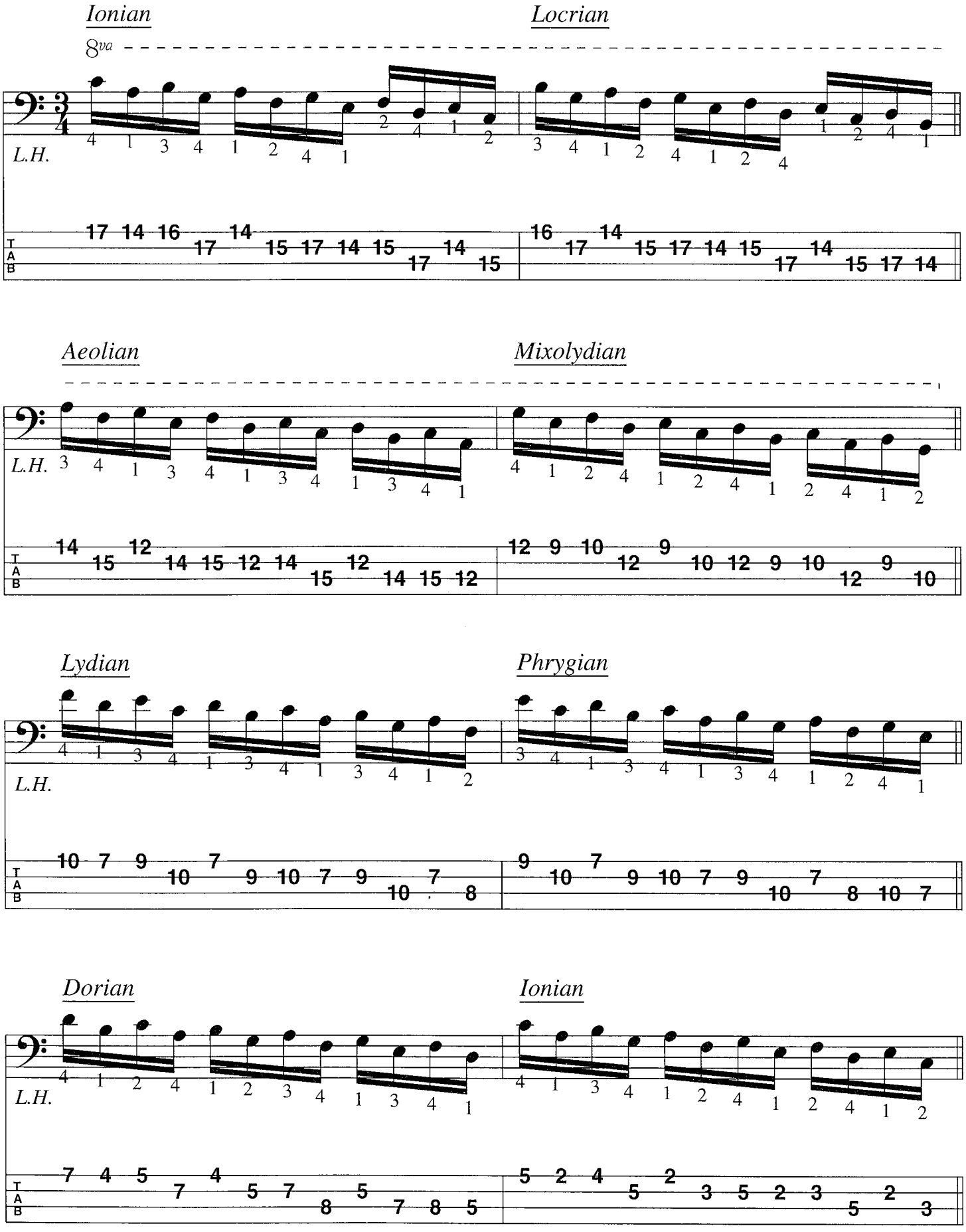
Locrian *Ionian*



Track #25

Descending In Thirds

6.)

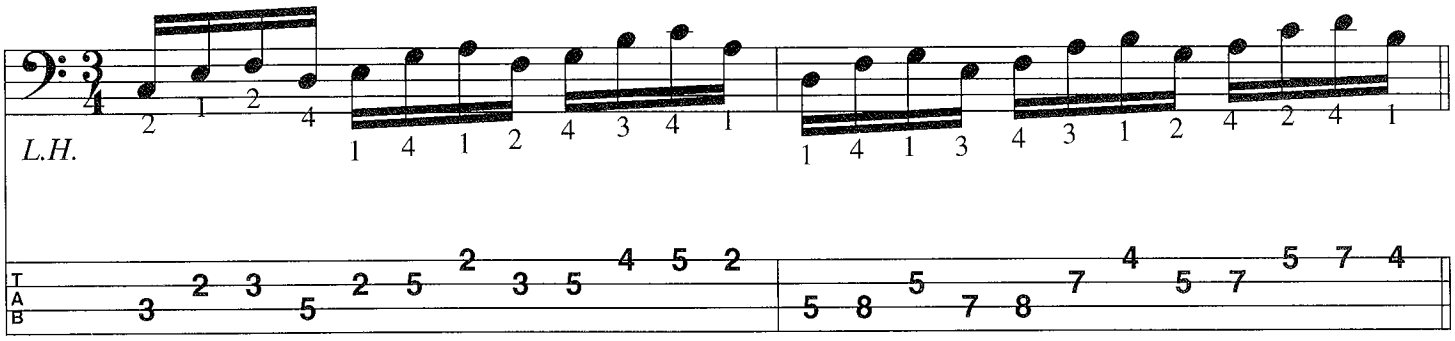


Inverting up & down motion over thirds

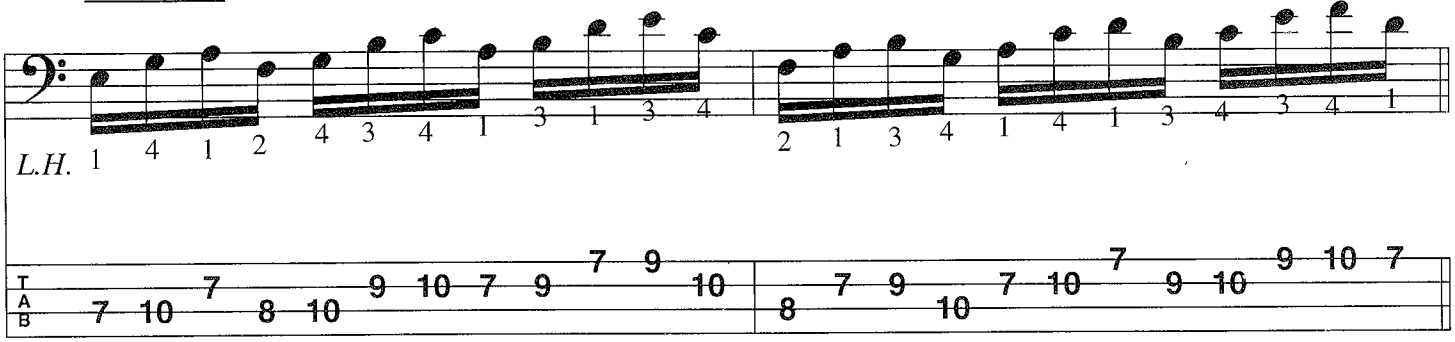
Track #26

7.) ♩ = 60

Ionian *Dorian*

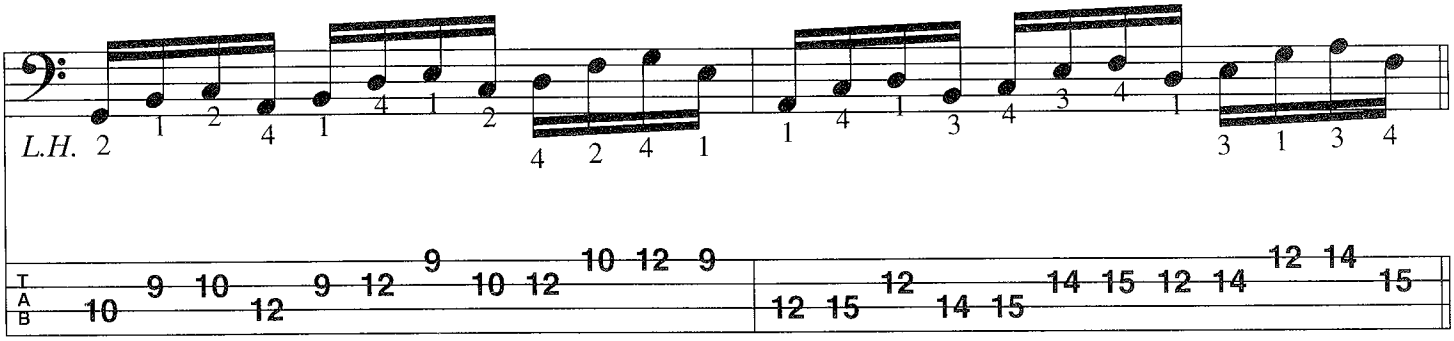


Phrygian *Lydian*

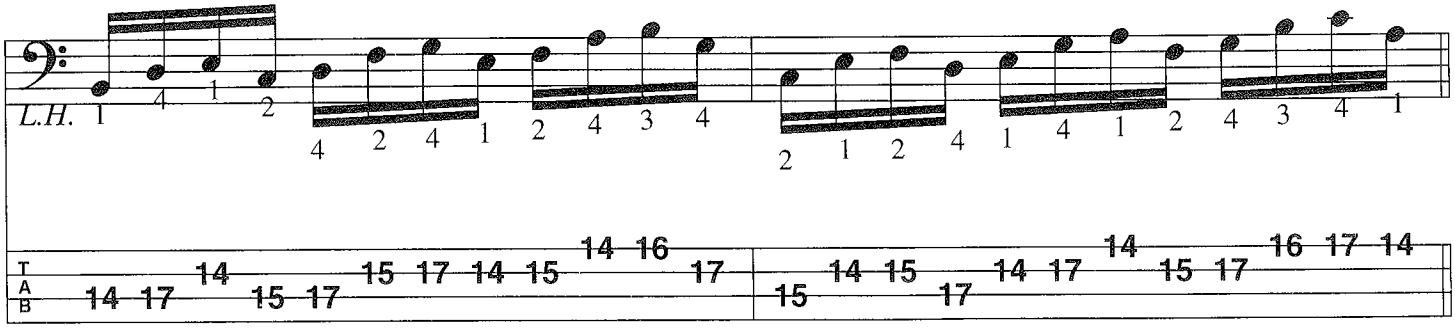


Mixolydian *Aeolian*

8va



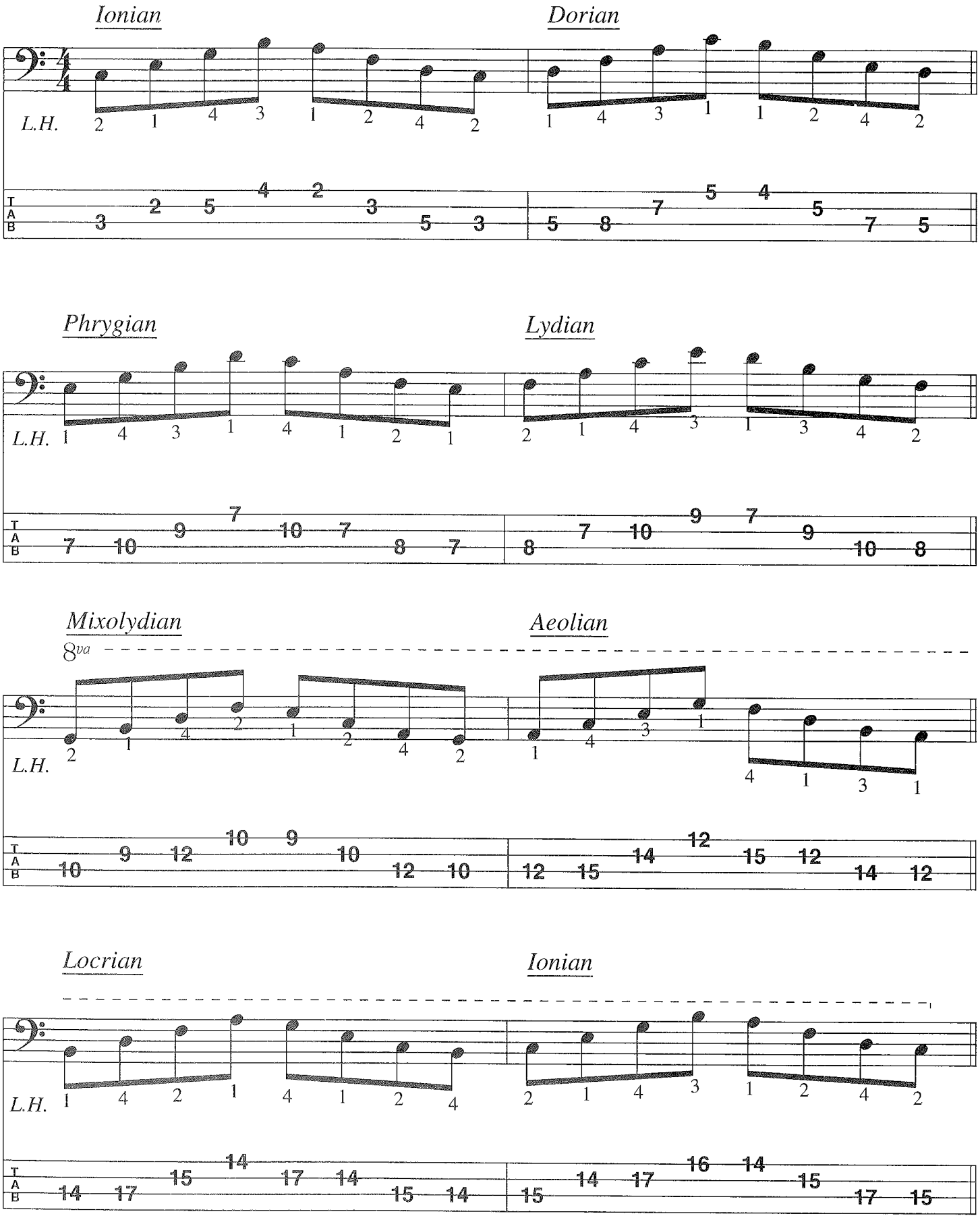
Locrian *Ionian*



Arpeggiating in intervals of 1.3.5.7 - 6.4.2.1

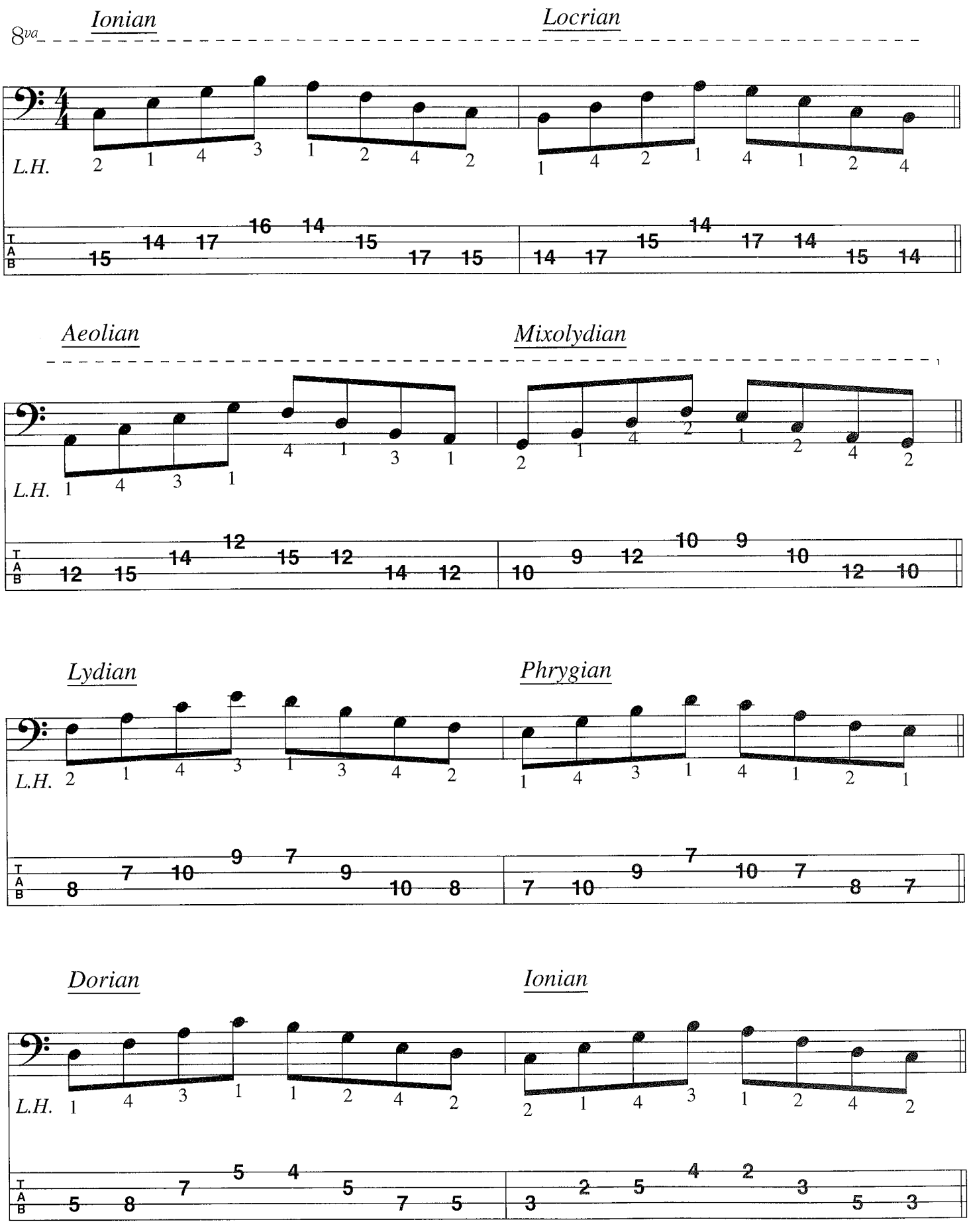
Track #27

8.) Ascending



Track #28

9.) Descending

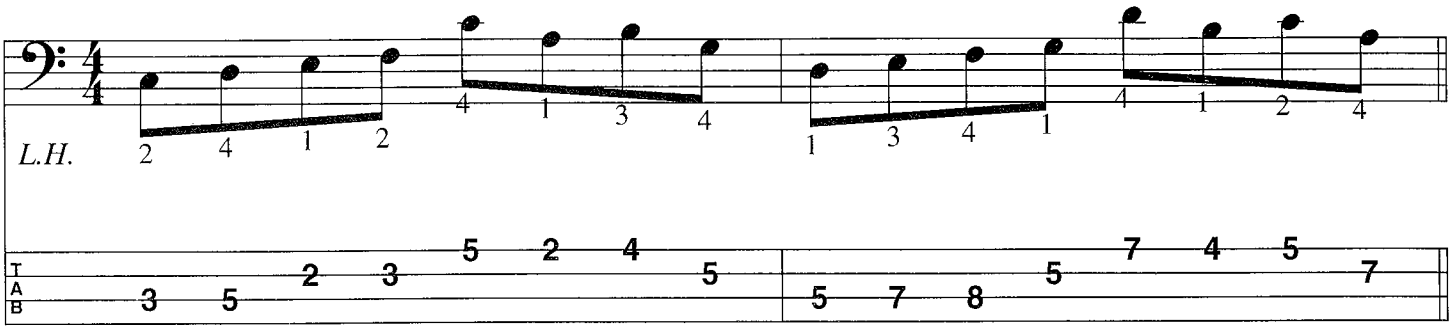


Combining 1st tetrachord ascending consecutively & 2nd tetrachord descending in thirds

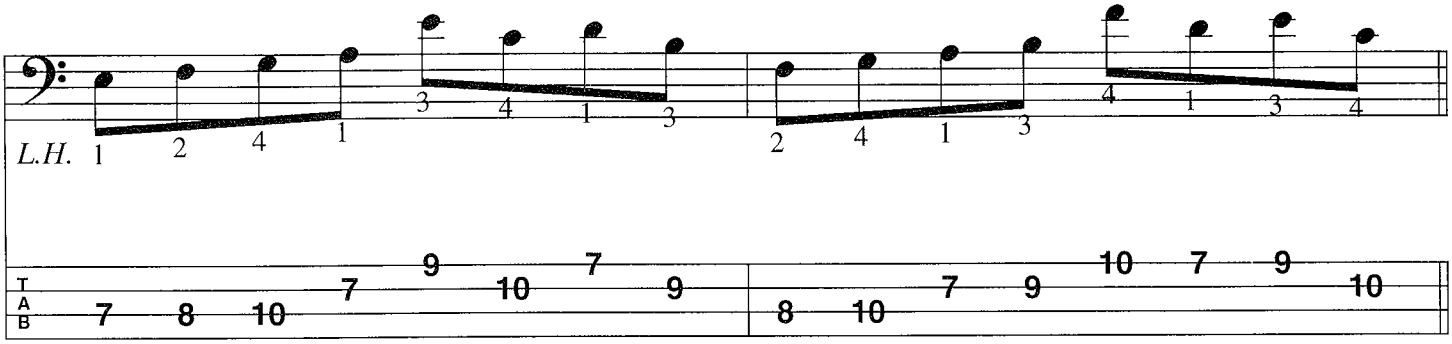
Track #29

10.)

Ionian *Dorian*

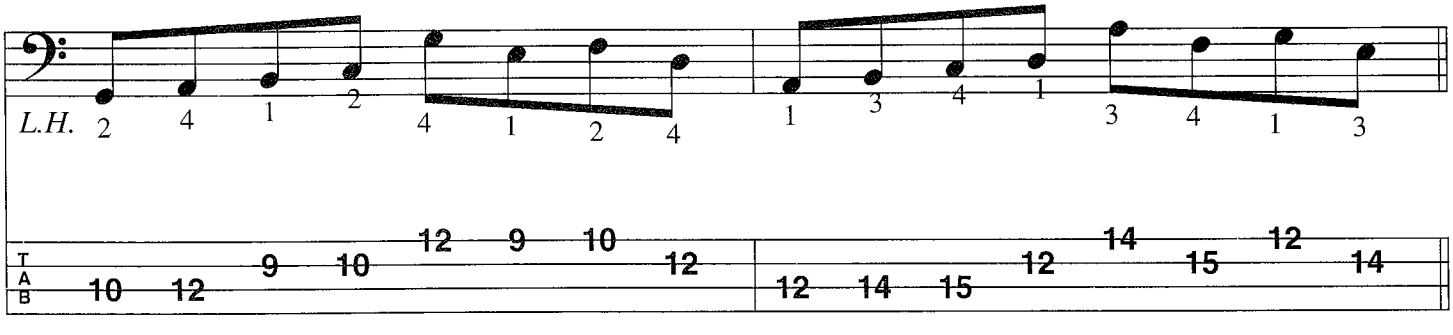


Phrygian *Lydian*

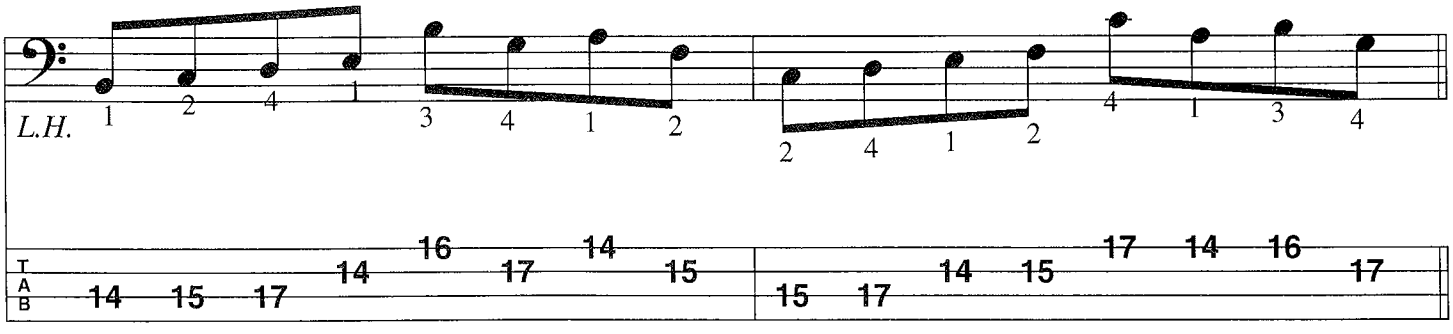


Mixolydian *Aeolian*

8va



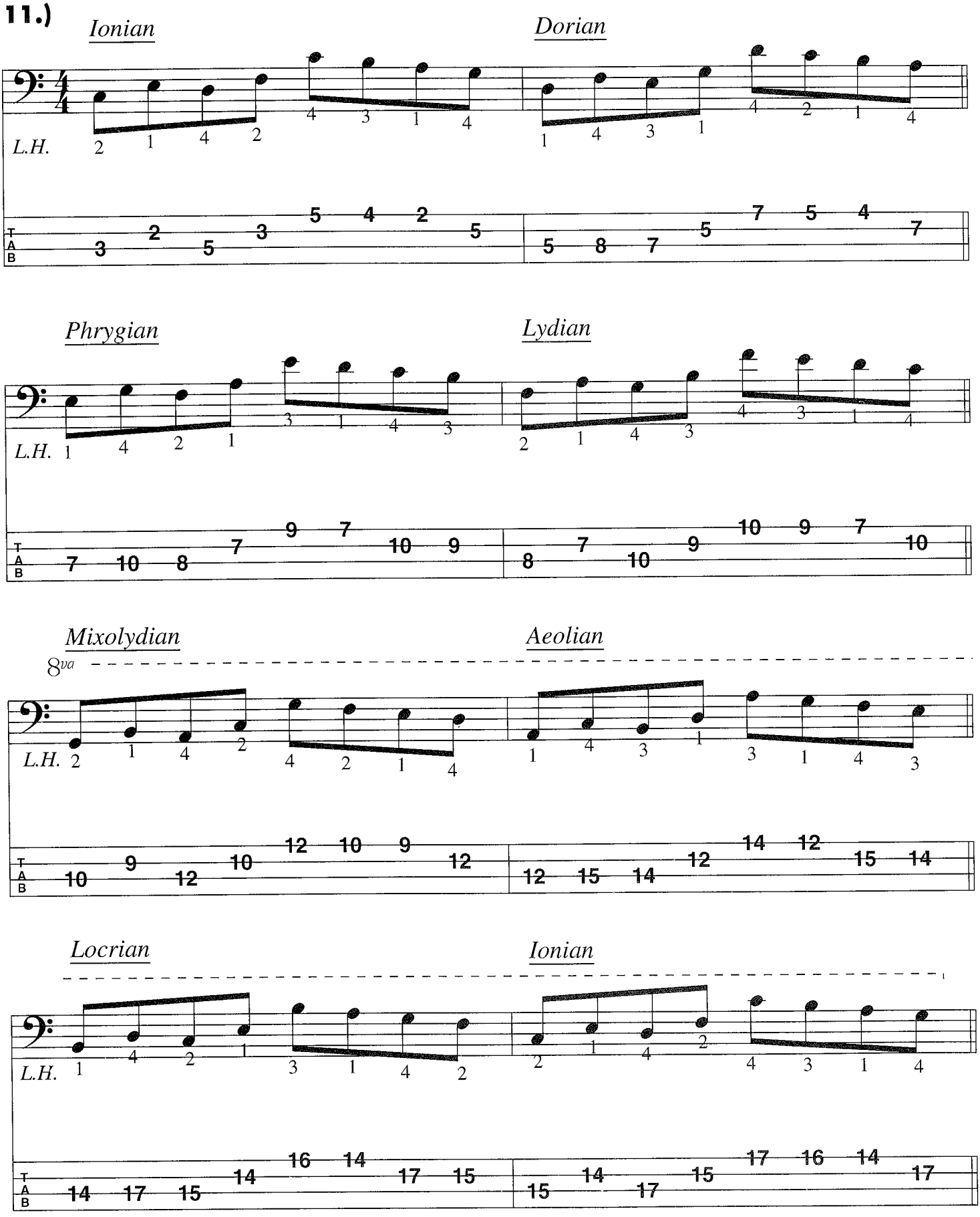
Locrian *Ionian*



Combining 1st tetrachord ascending in thirds & 2nd tetrachord descending consecutively

Track #30

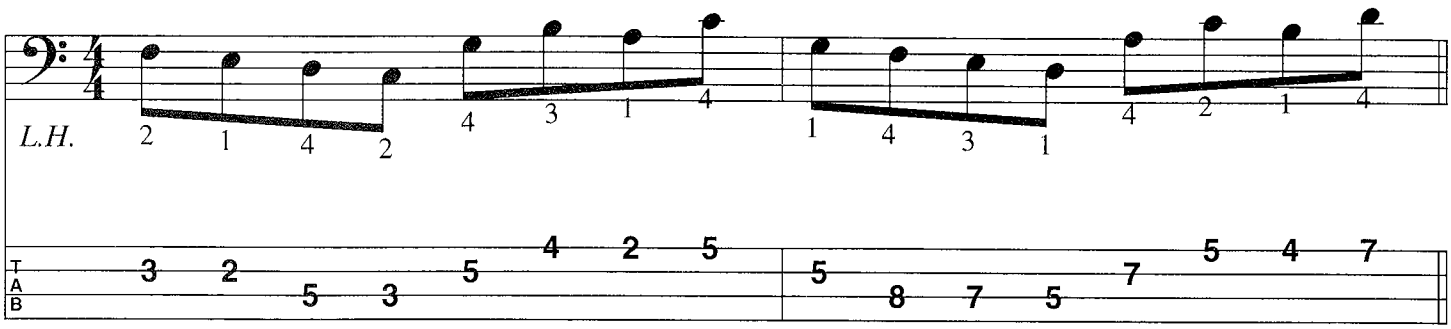
11.)



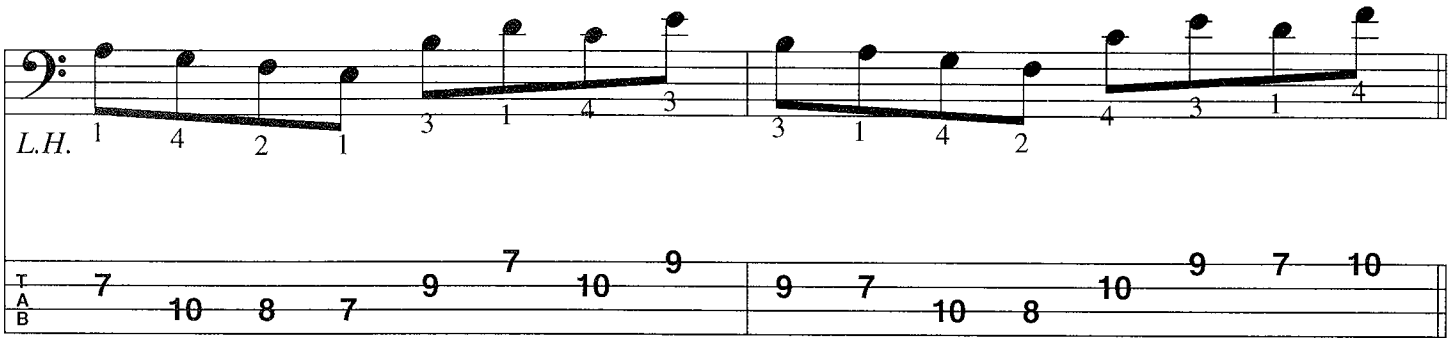
Combining 1st tetrachord descending consecutively & 2nd tetrachord ascending in thirds

Track #31

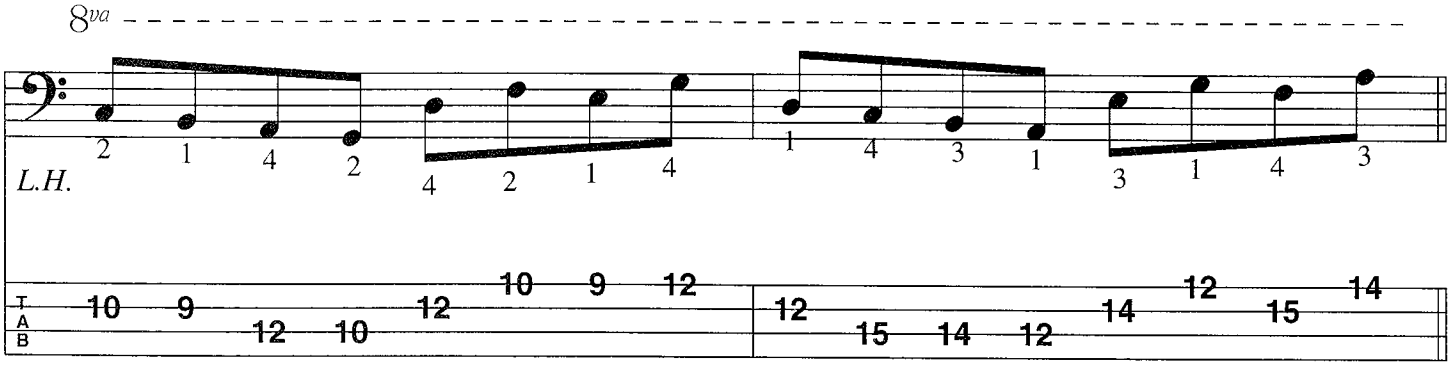
12.) *Ionian* *Dorian*



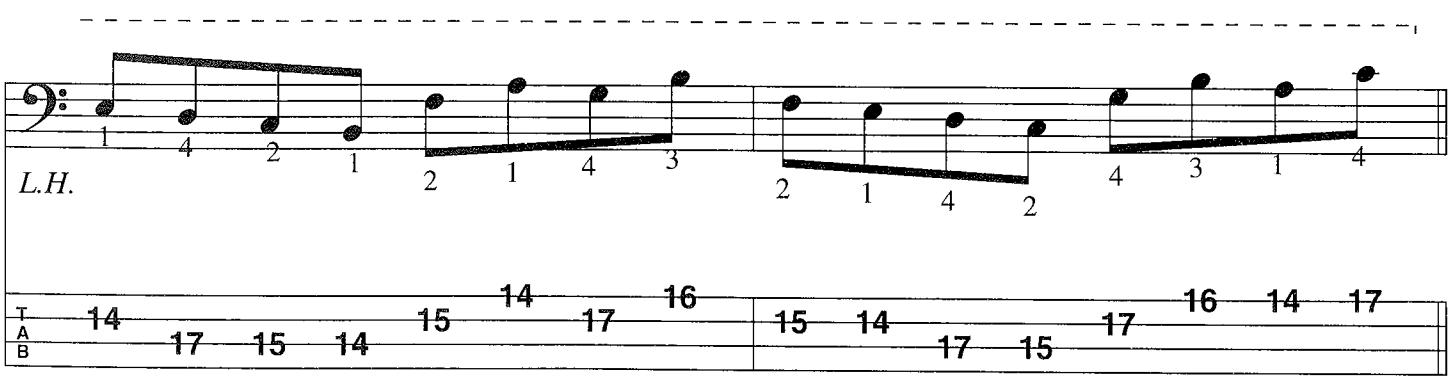
Phrygian *Lydian*



Mixolydian *Aeolian*



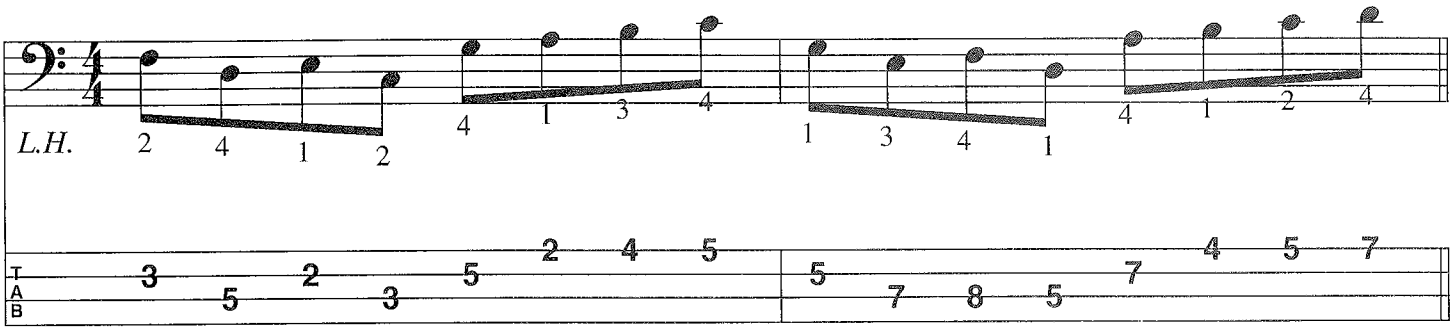
Locrian *Ionian*



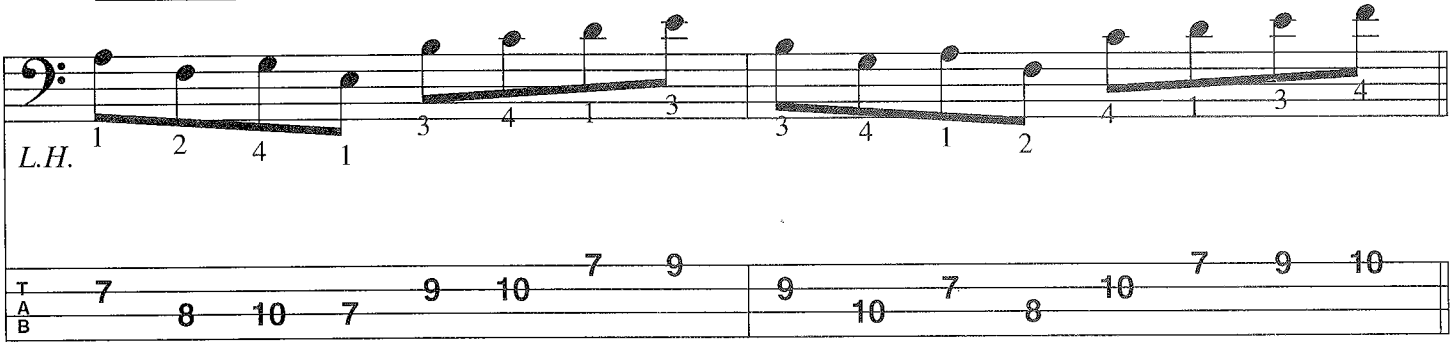
Combining 1st tetrachord descending in thirds & 2nd tetrachord ascending consecutively

Track #32

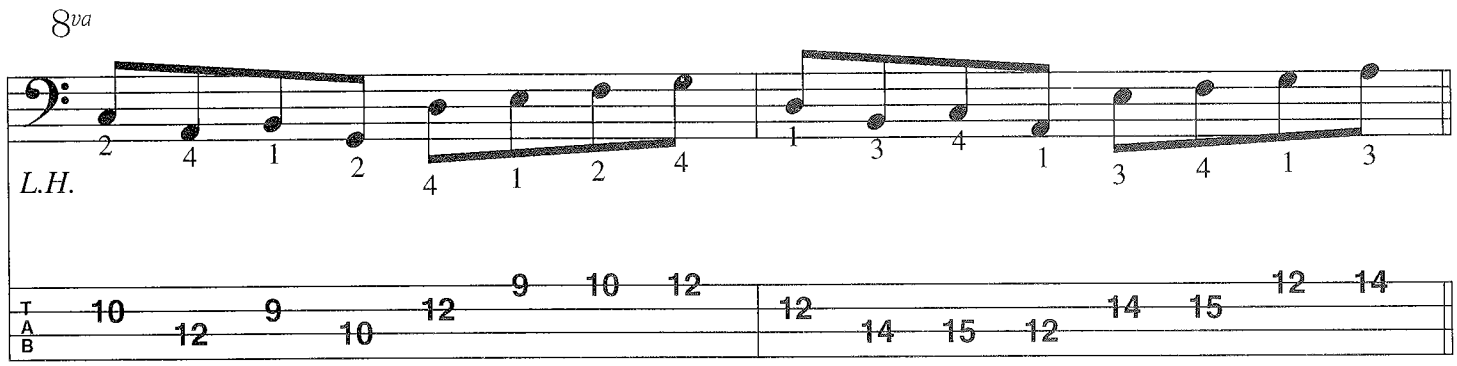
13.) *Ionian* *Dorian*



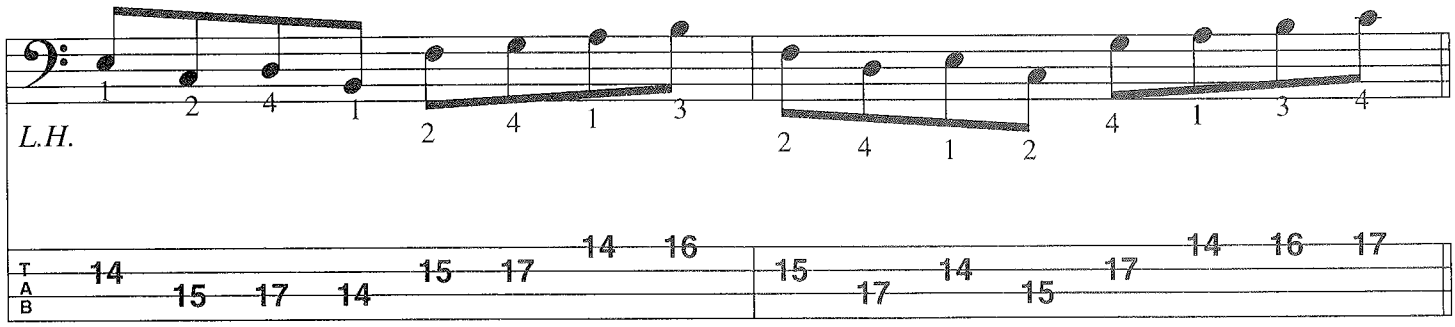
Phrygian *Lydian*



Mixolydian *Aeolian*



Locrian *Ionian*

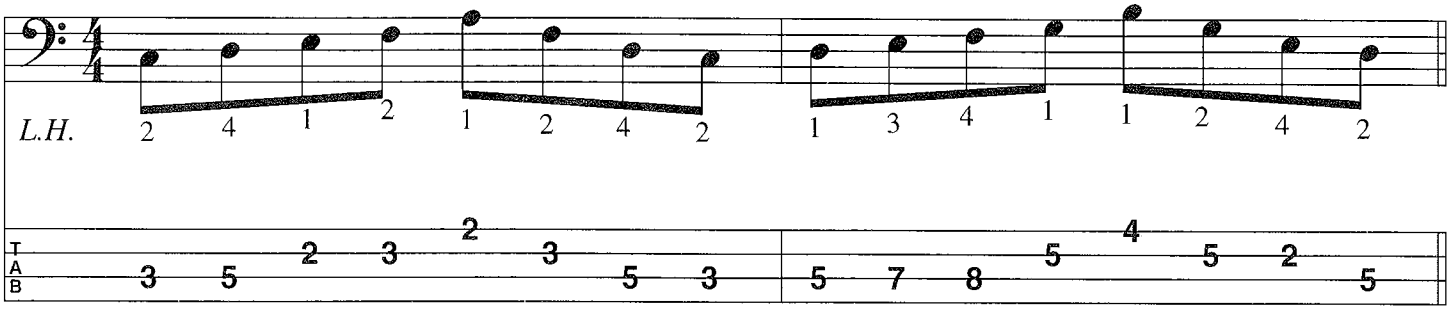


Combining 1st tetrachord ascending consecutively & 2nd descending in intervals of 6.4.2.1.

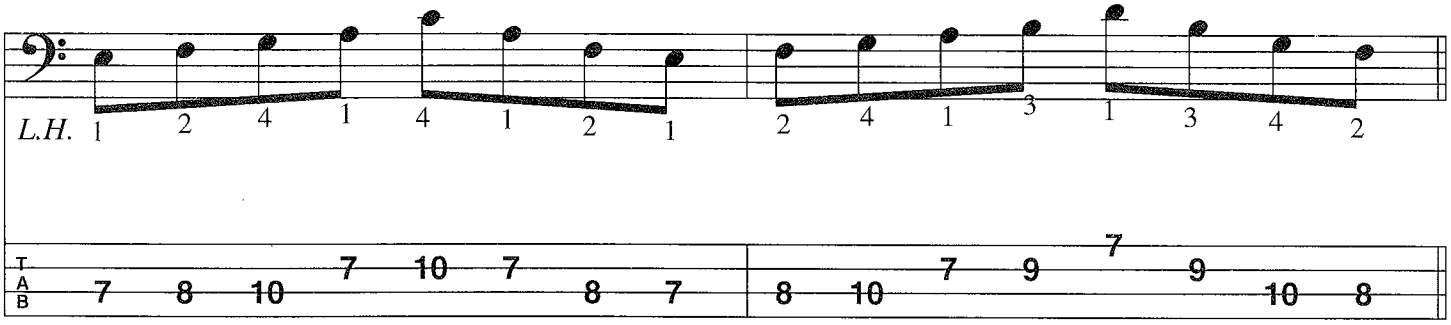
Track #33

14.)

Ionian *Dorian*

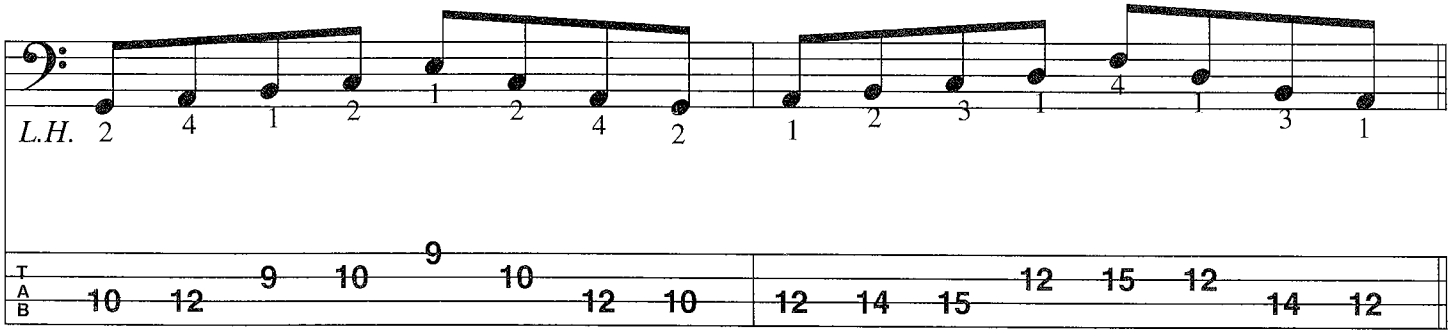


Phrygian *Lydian*

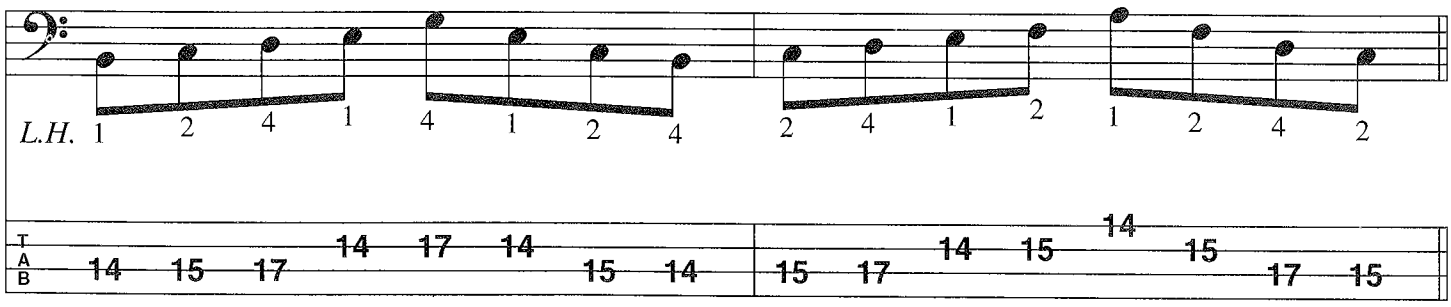


Mixolydian *Aeolian*

8va



Locrian *Ionian*

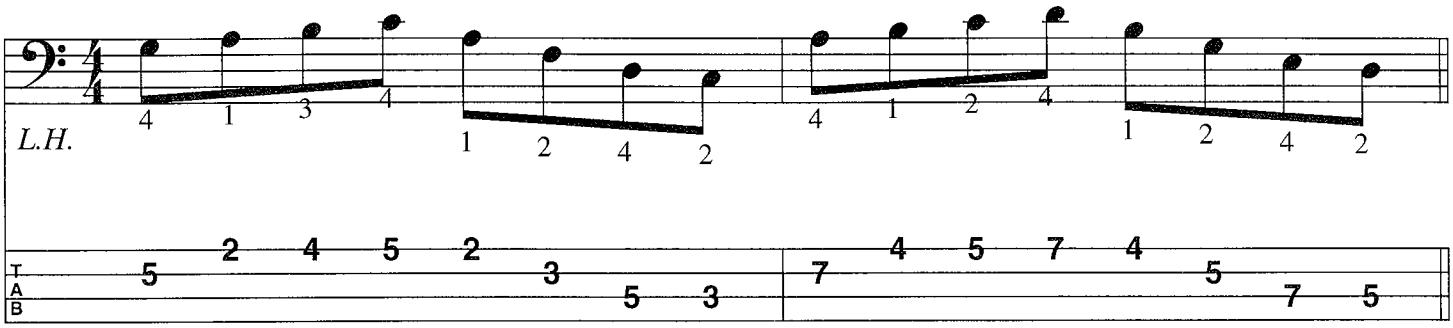


Combining 2nd tetrachord ascending consecutively & descending in intervals of 6.4.2.1

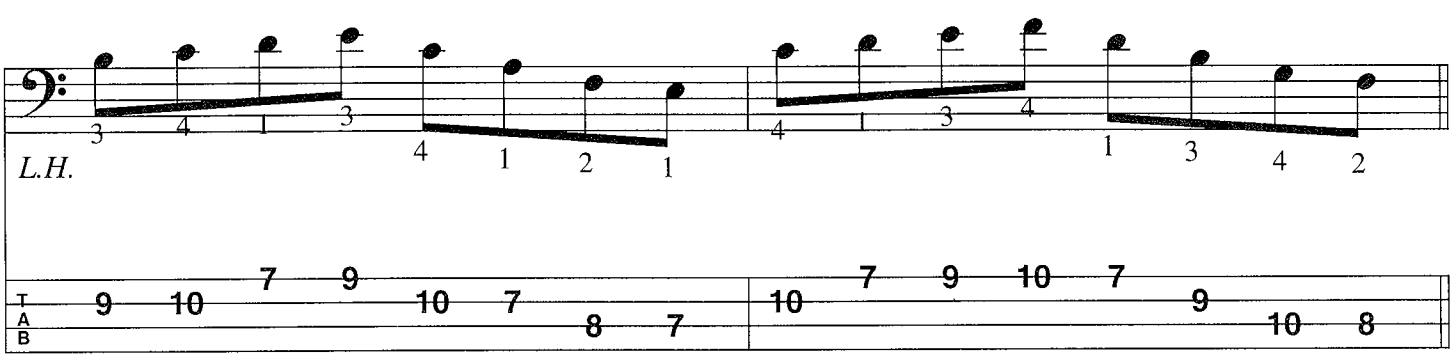
Track #34

15.)

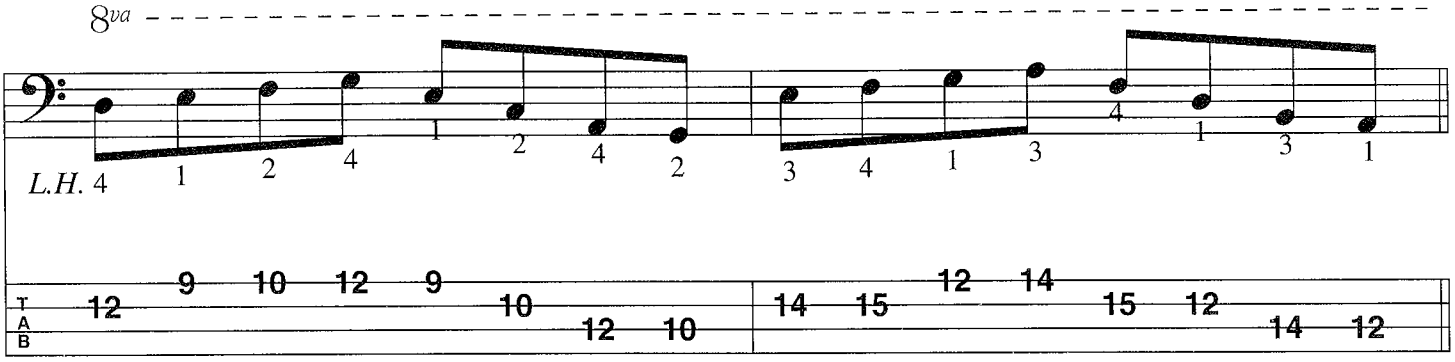
Ionian *Dorian*



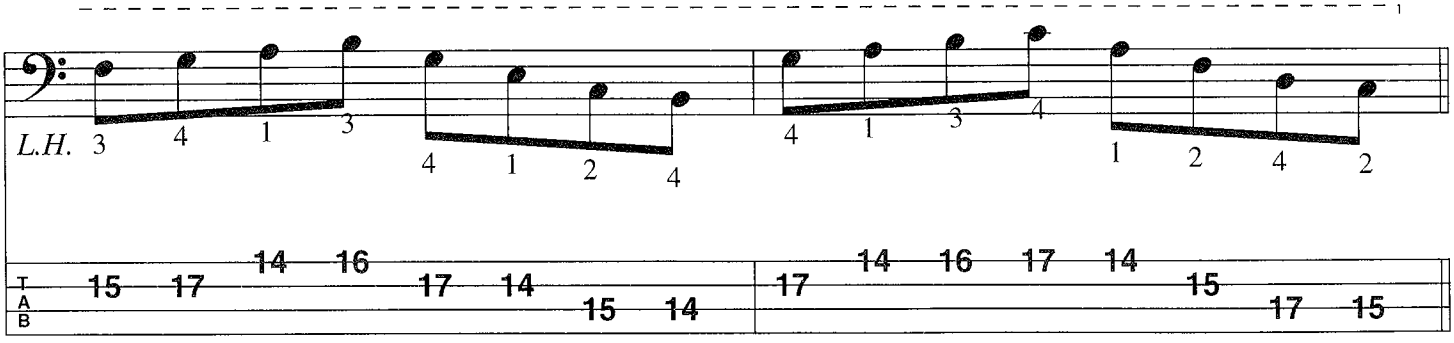
Phrygian *Lydian*



Mixolydian *Aeolian*



Locrian *Ionian*

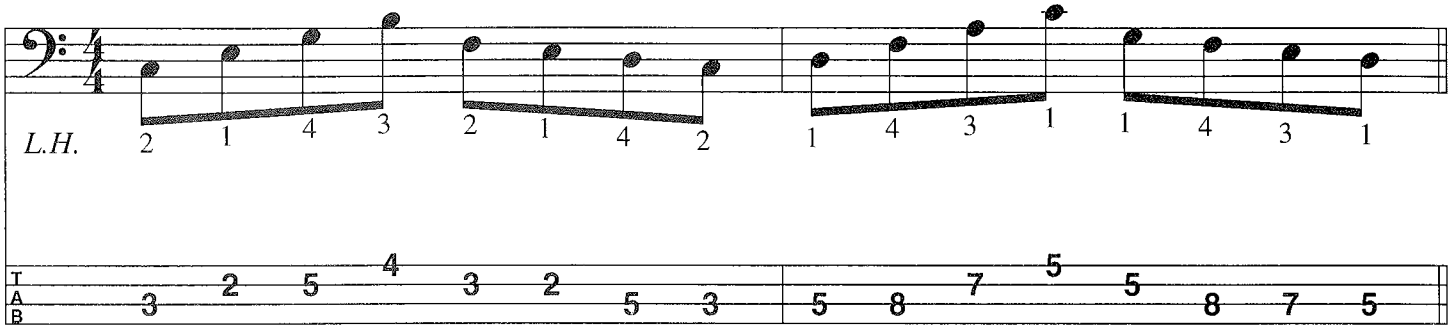


Combining ascending in intervals of 1.3.5.7 & descending on the 1st tetrachord

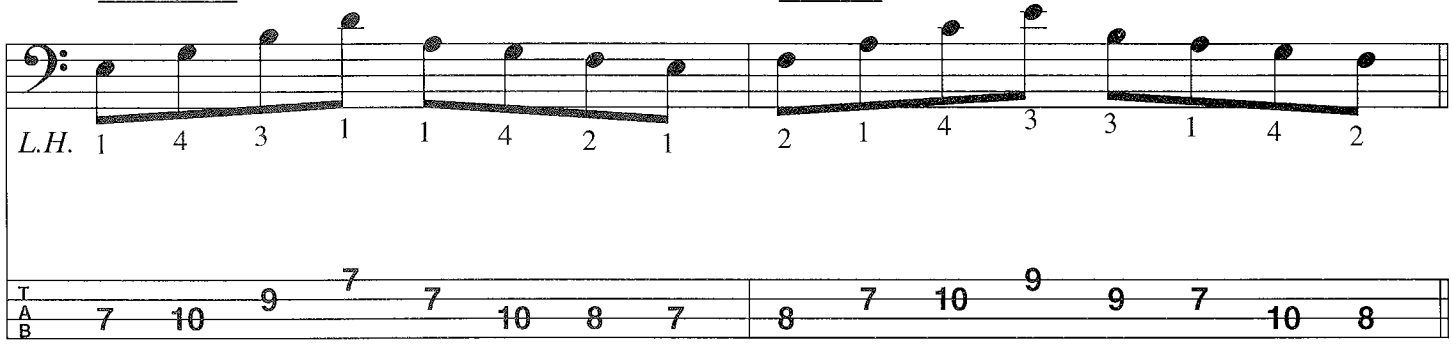
Track #35

16.)

Ionian *Dorian*

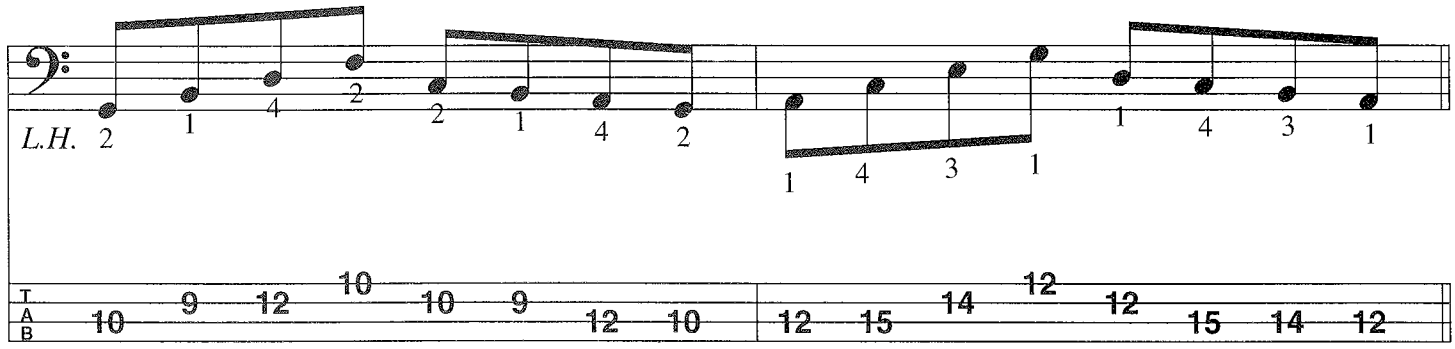


Phrygian *Lydian*

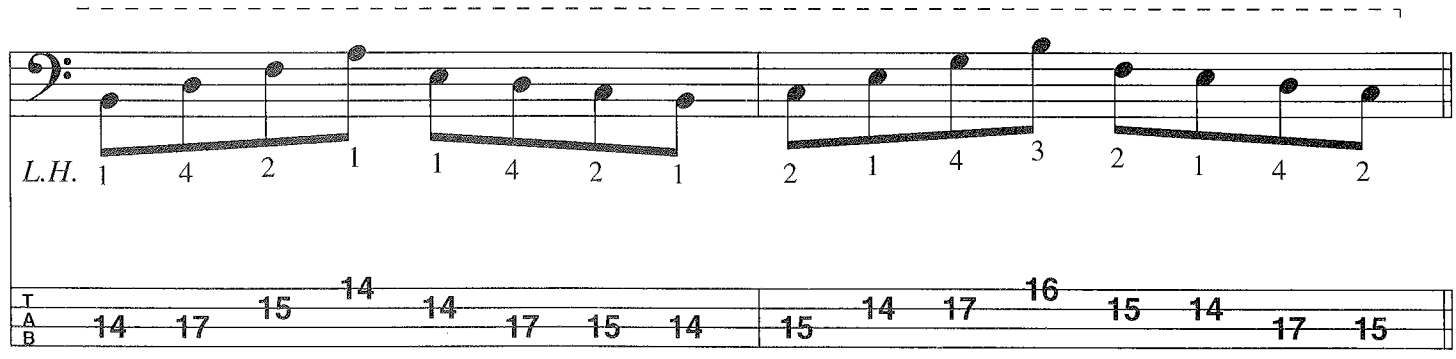


Mixolydian *Aeolian*

8va



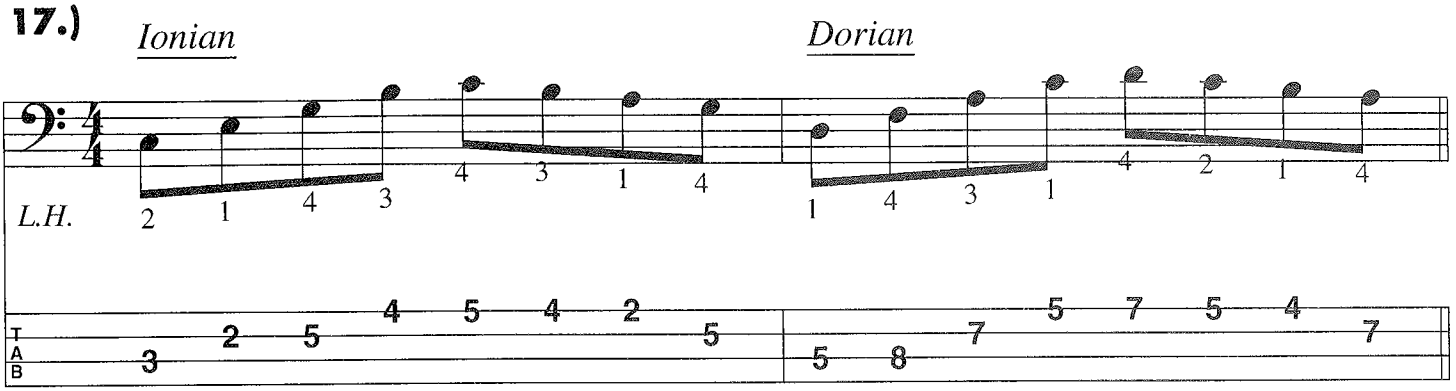
Locrian *Ionian*

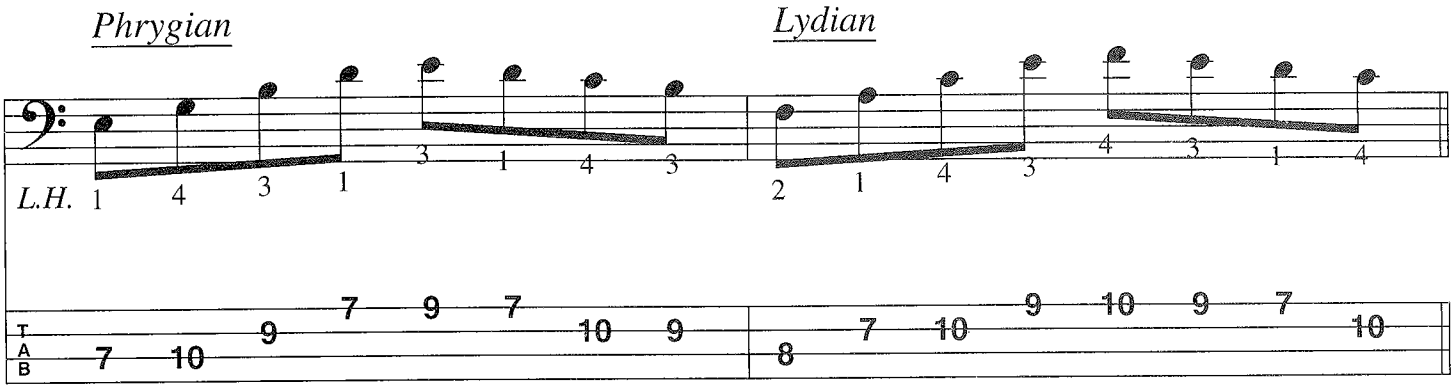


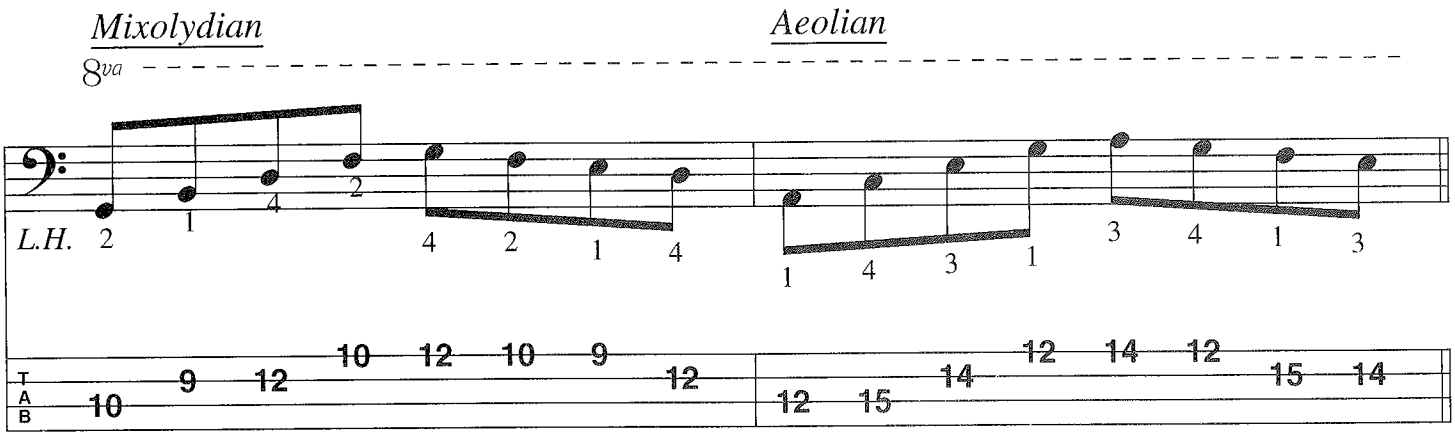
Combining ascending in intervals of 1.3.5.7 & descending on the 2nd tetrachord

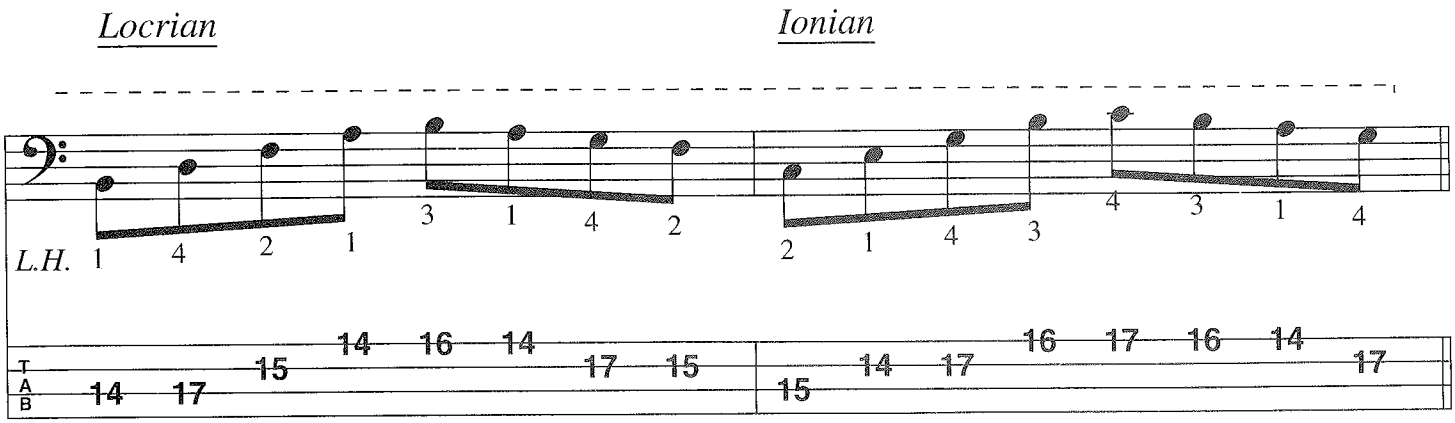
Track #36

17.)









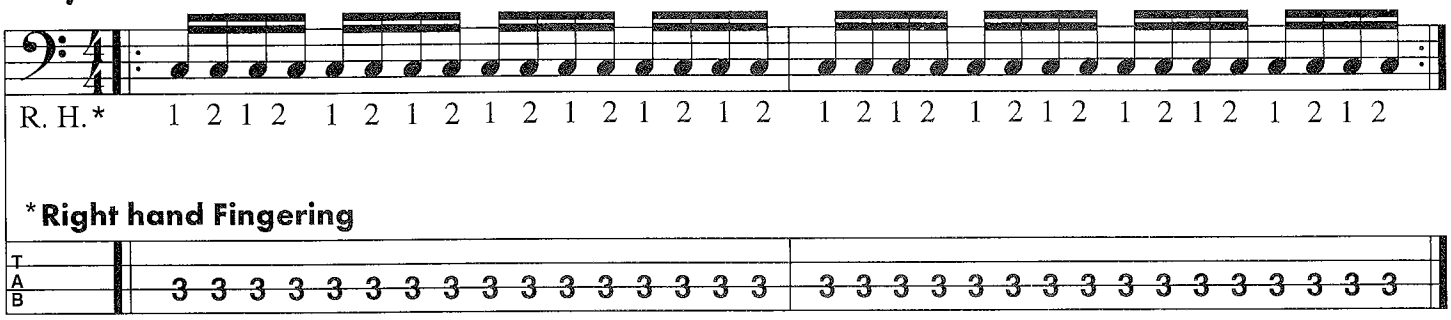
Section 2
Right Hand Exercises

Right Hand Finger Control Exercises

Using 16th Notes

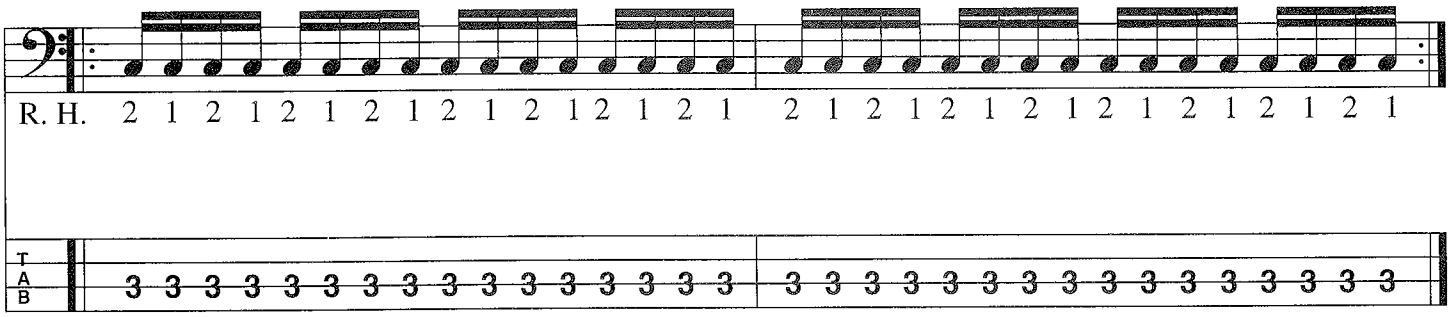
Track #37

1.)

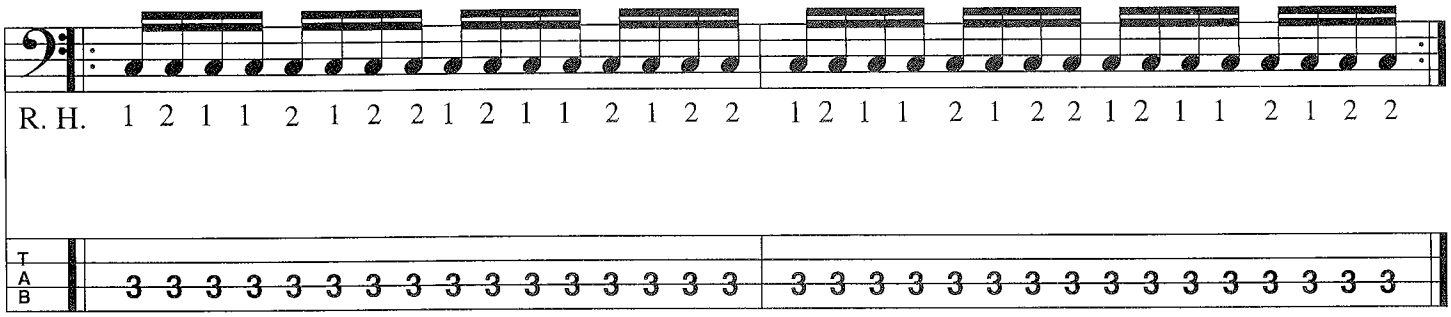


***Right hand Fingering**

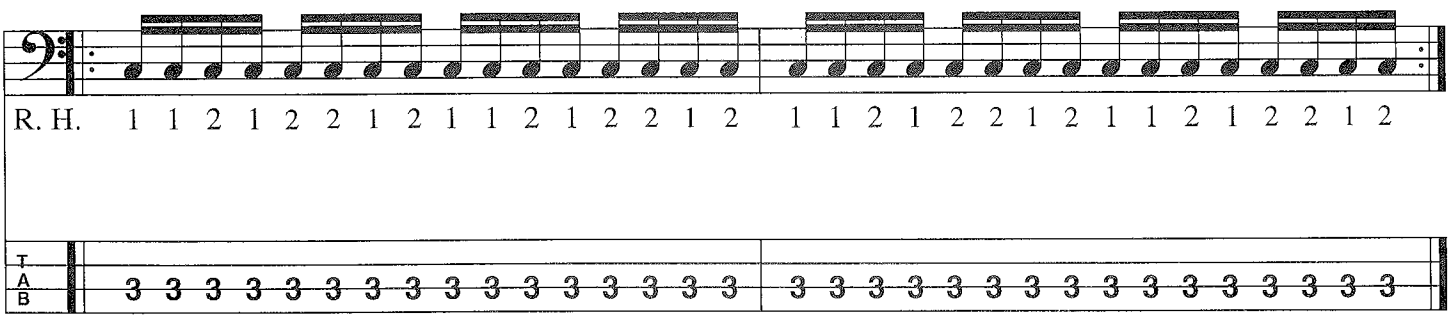
2.)



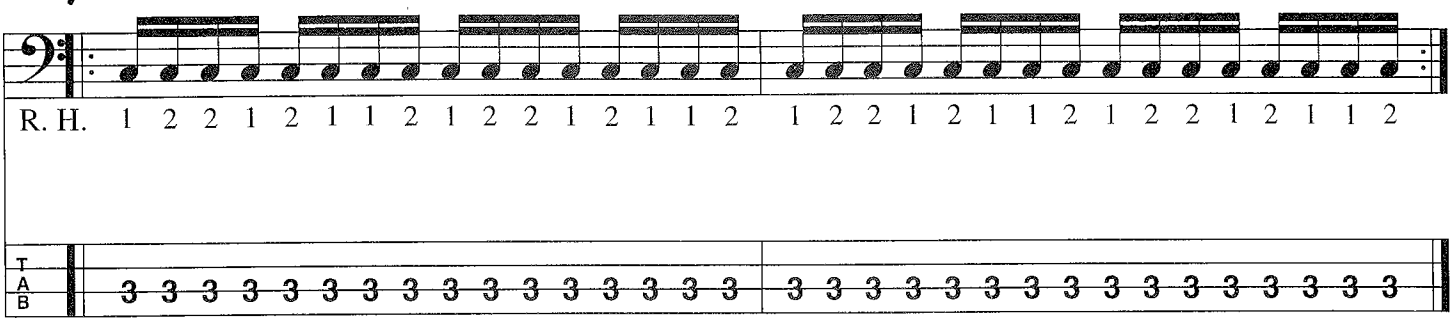
3.)



4.)



5.)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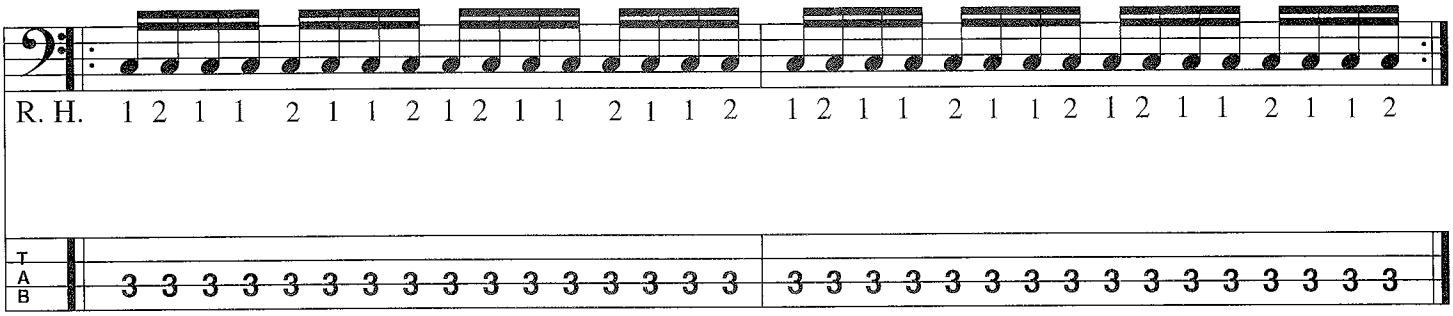
T A B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

6.)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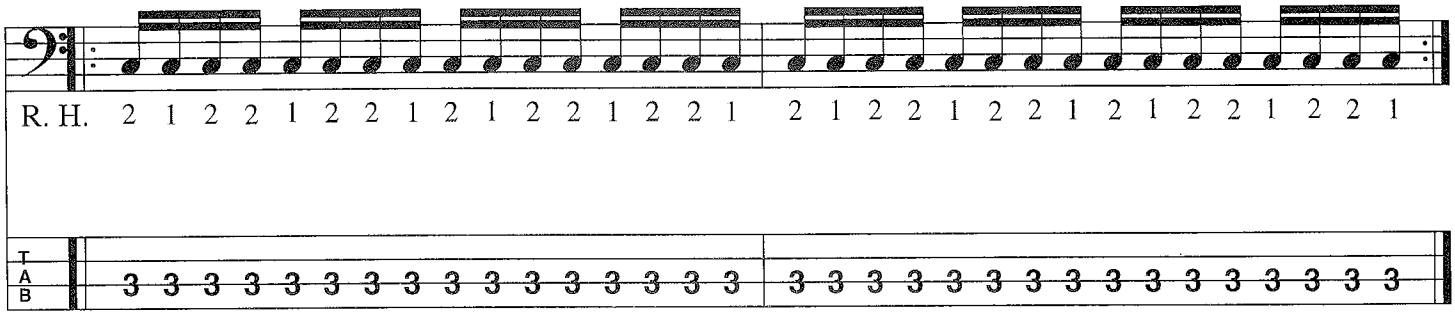
T A B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

7.)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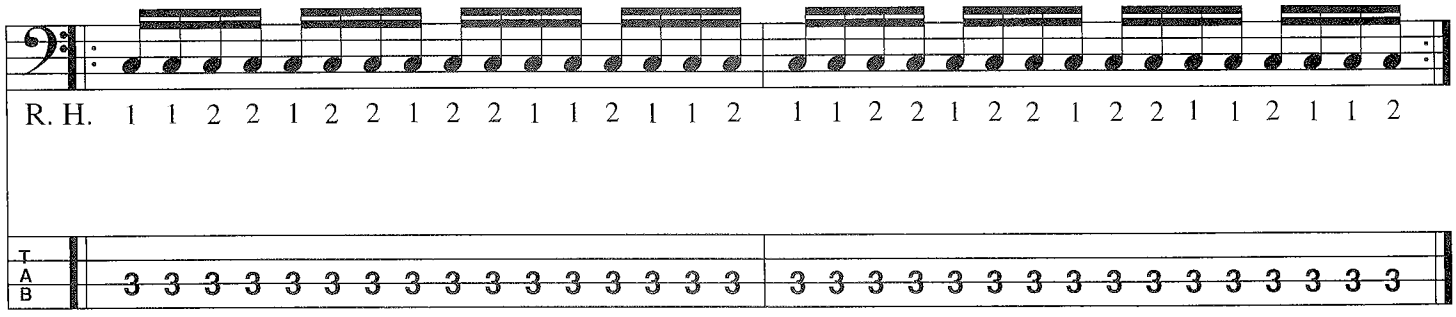
T A B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

8.)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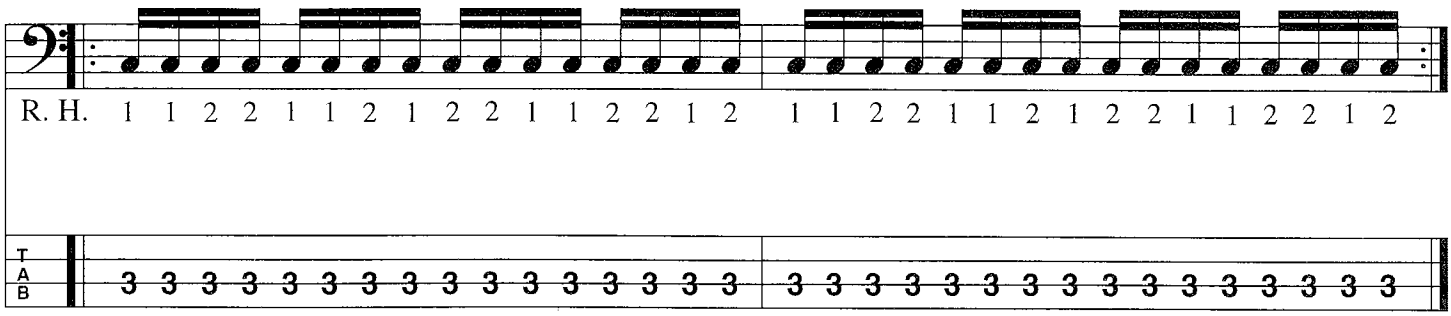
9.)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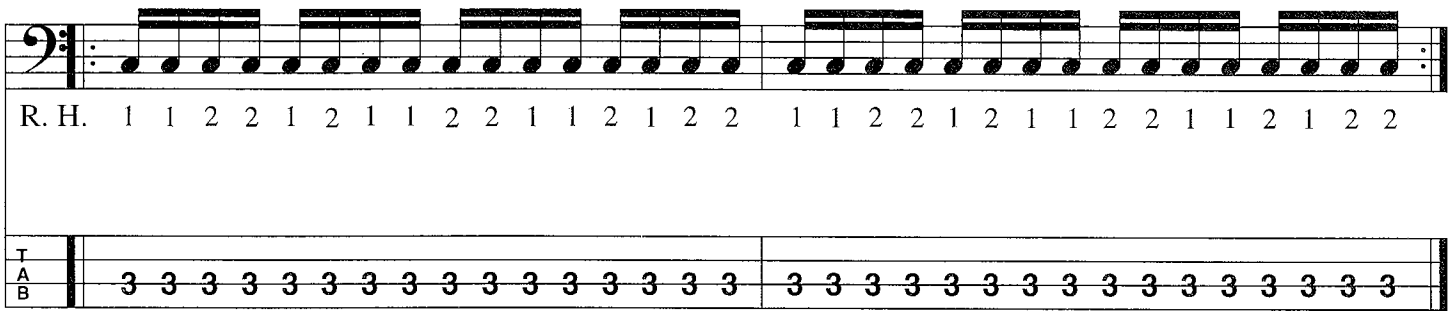
10.)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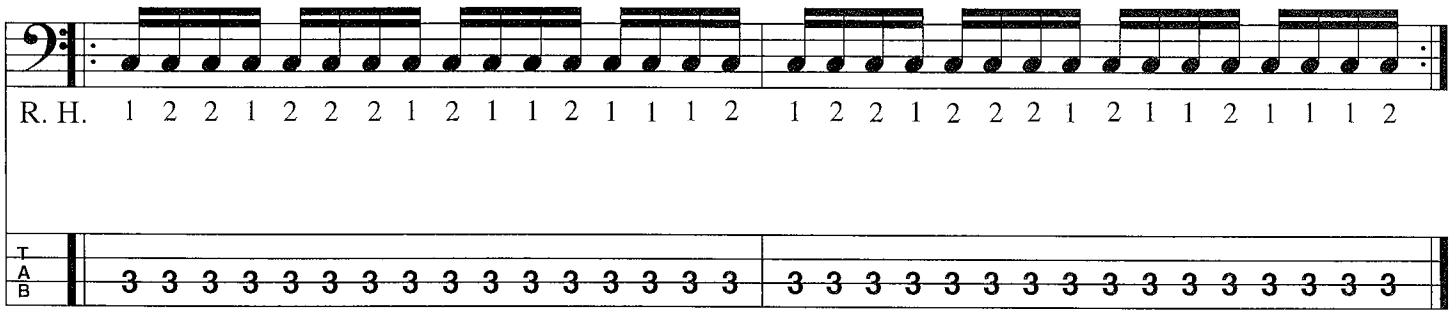
11.)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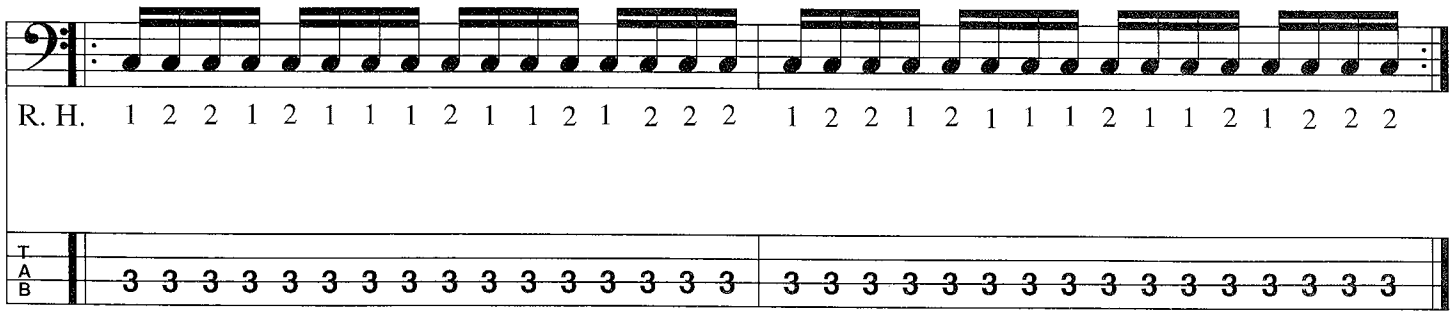
T A B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

12.)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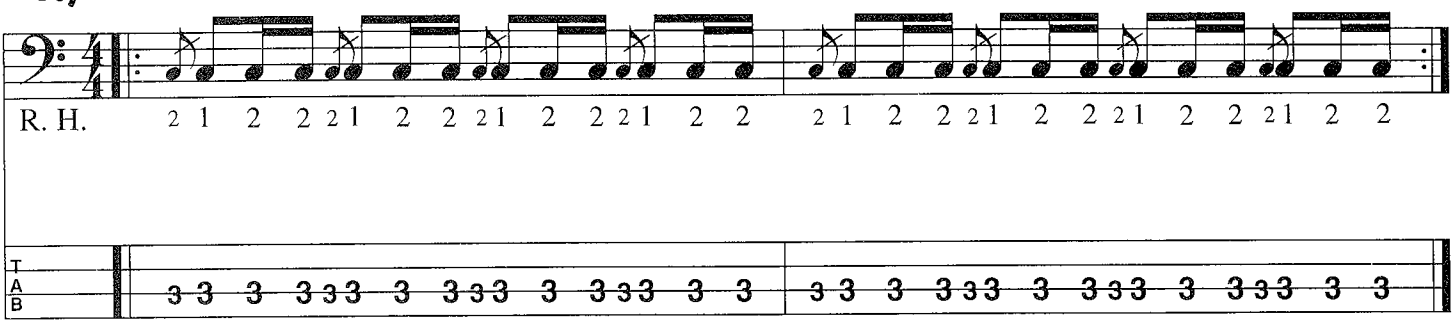
T A B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

Right Hand Finger Control Exercises

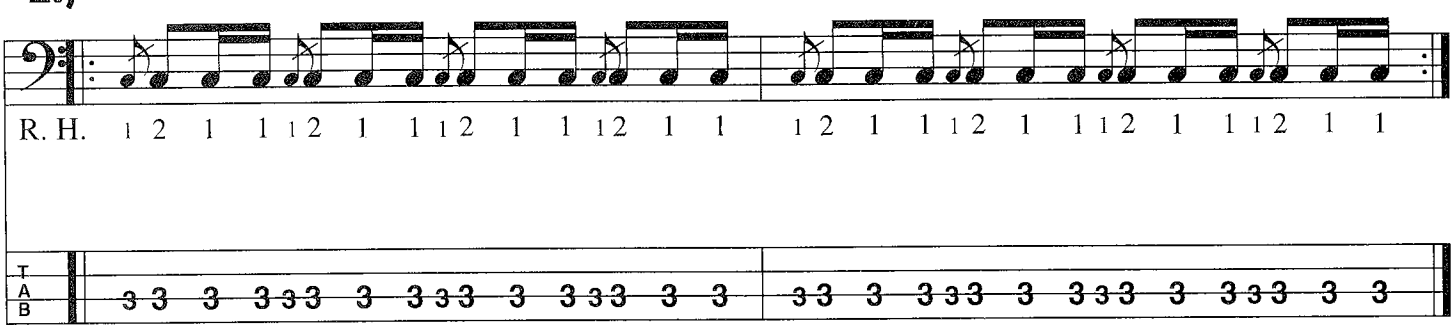
Combining 8th & 16th notes, using grace notes

Track #38

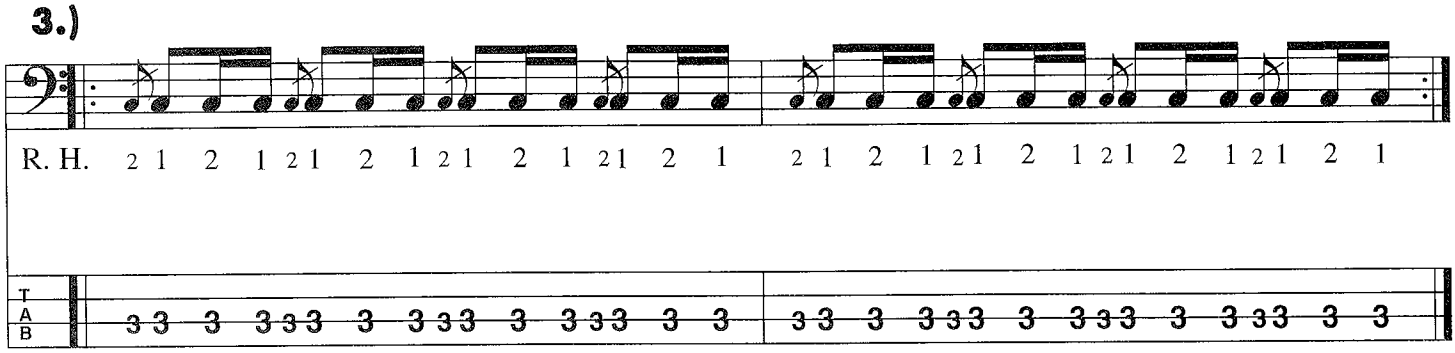
1.)



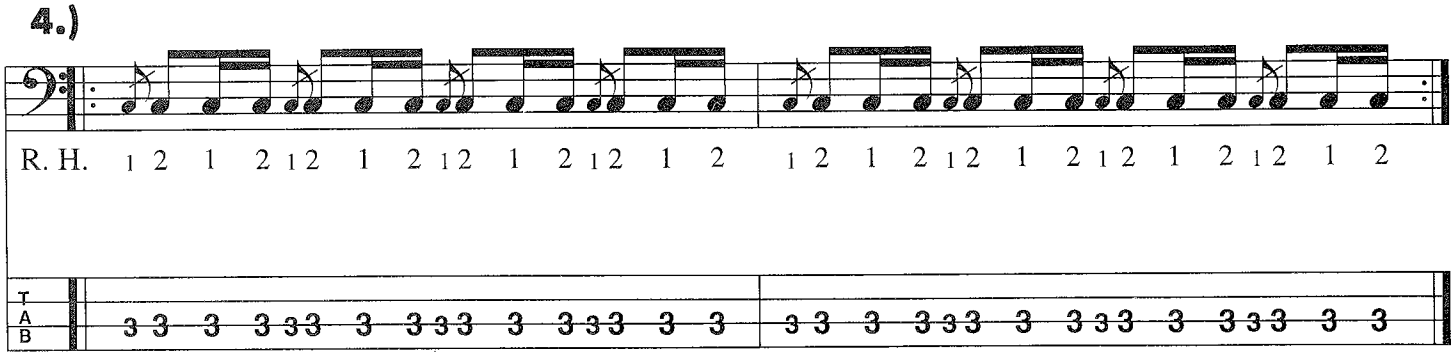
2.)



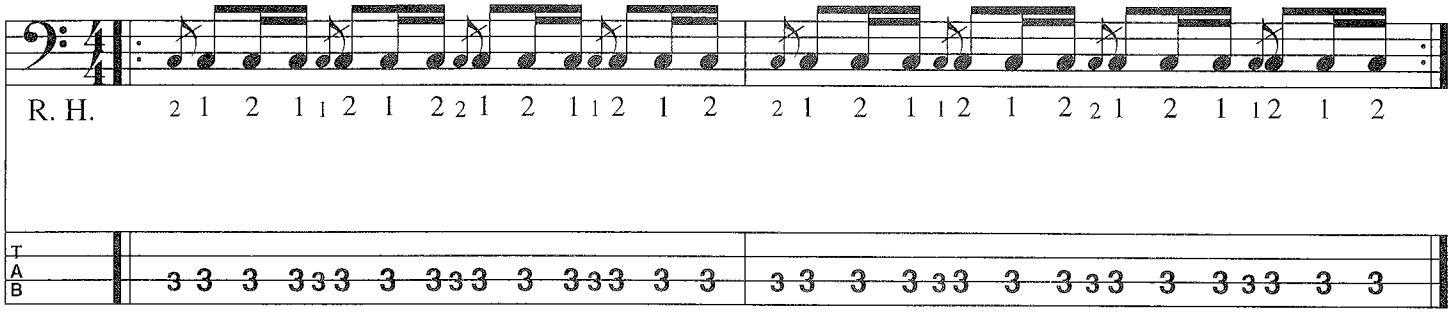
3.)



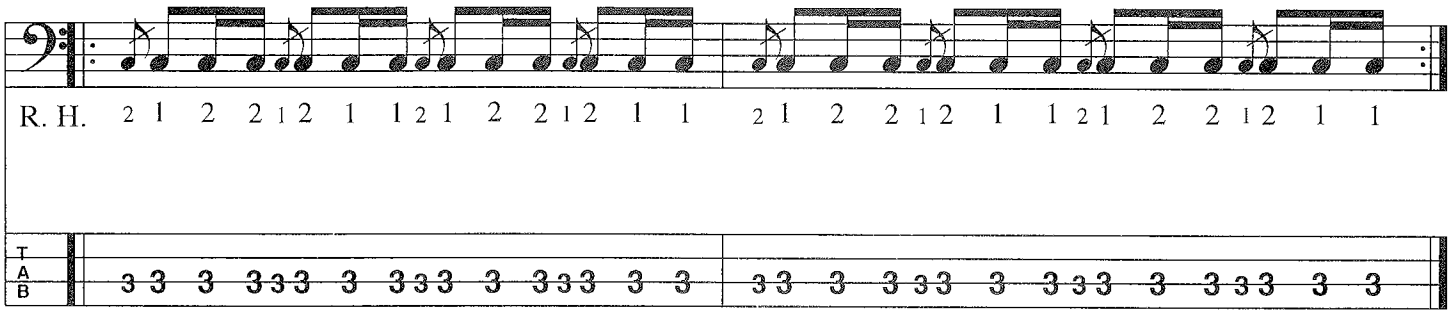
4.)



5.)



6.)



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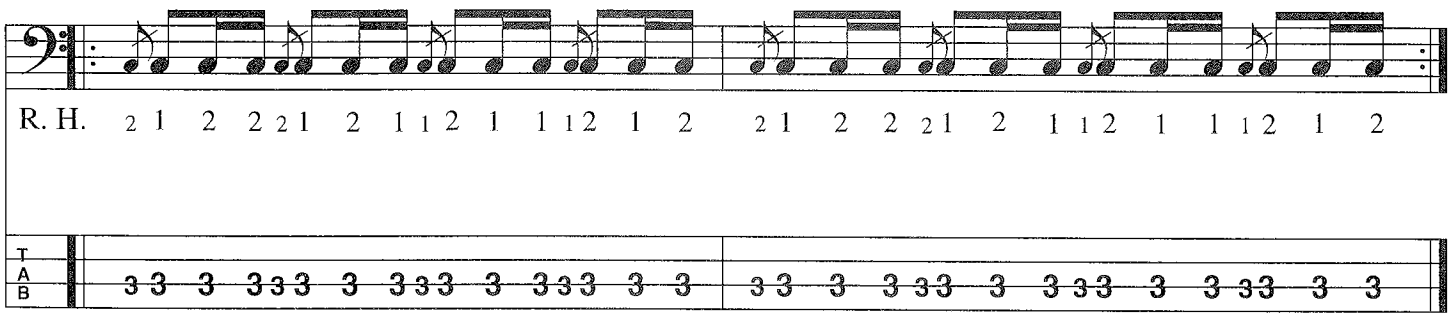
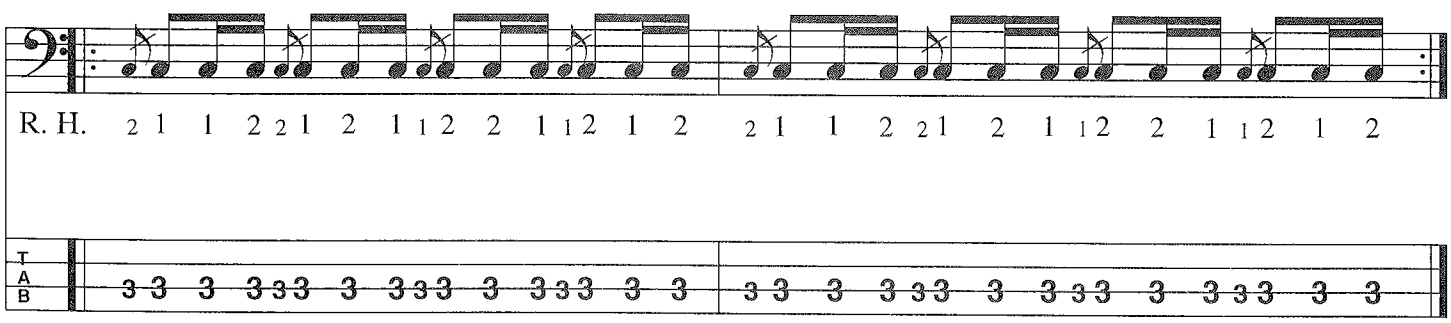
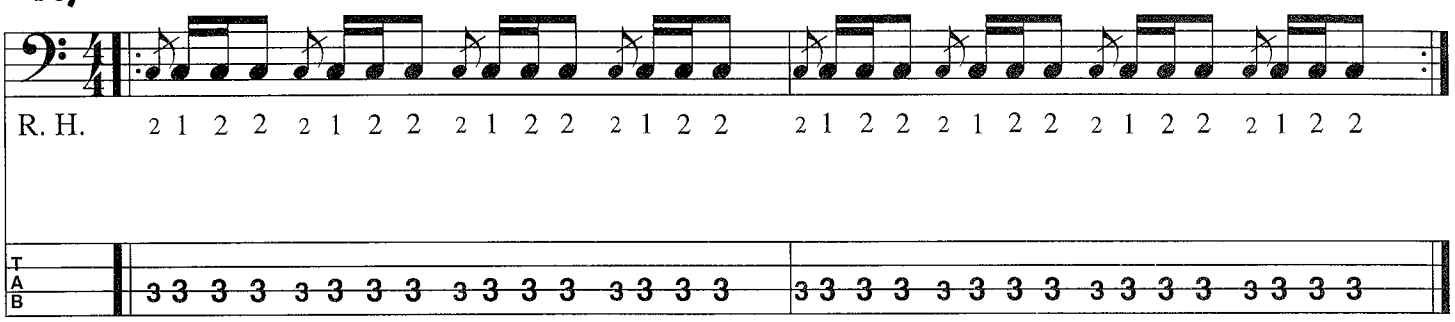


8.)



Track #39

9.)



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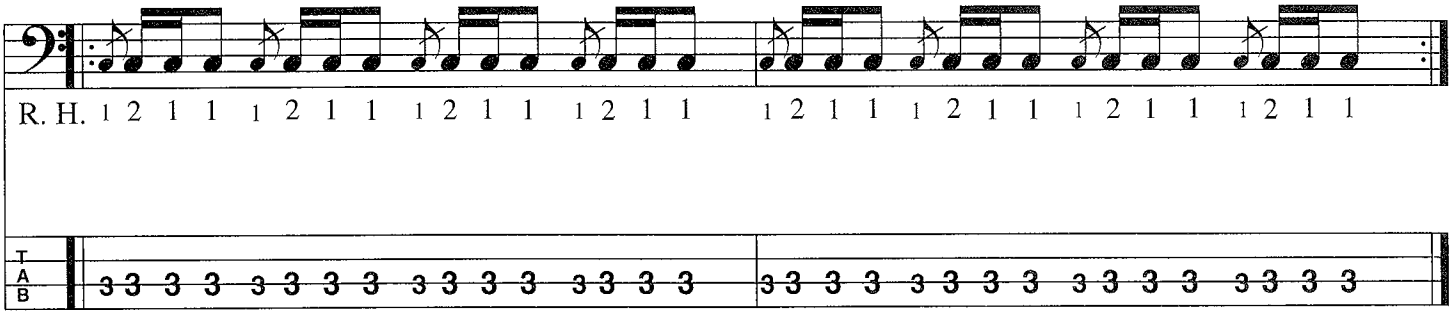

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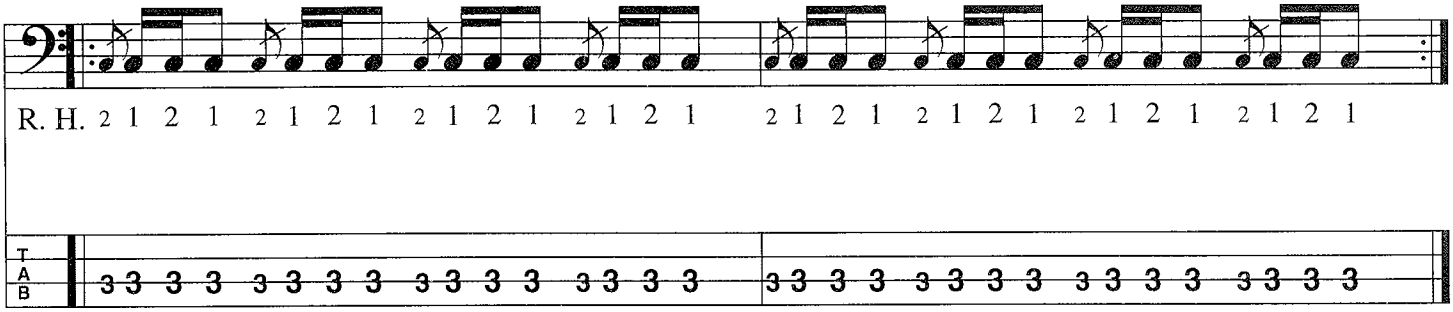

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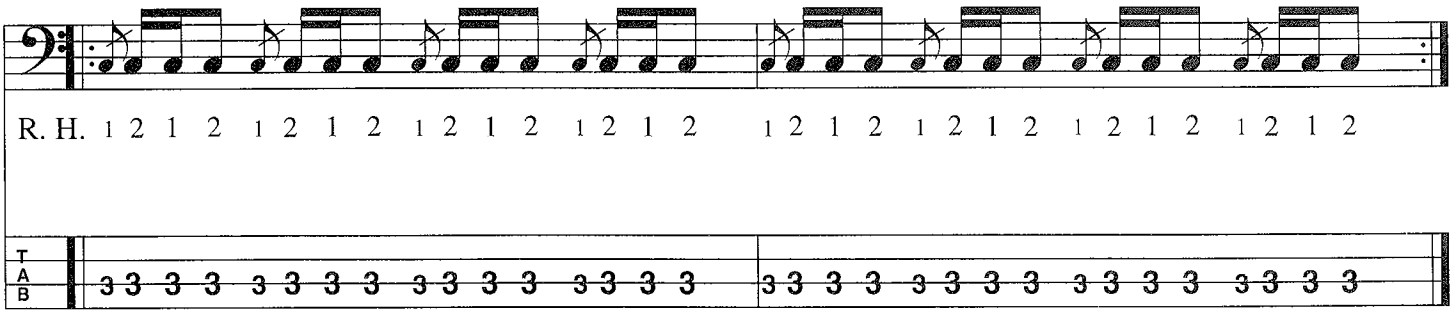
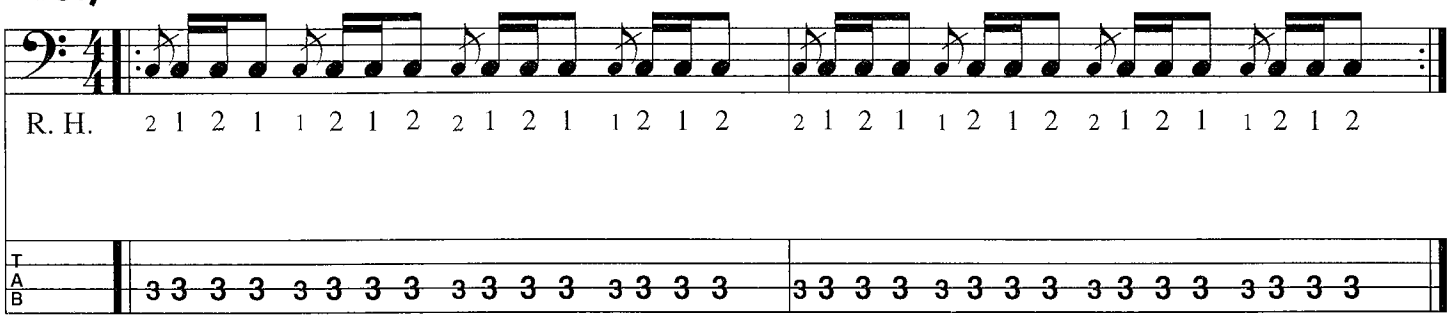
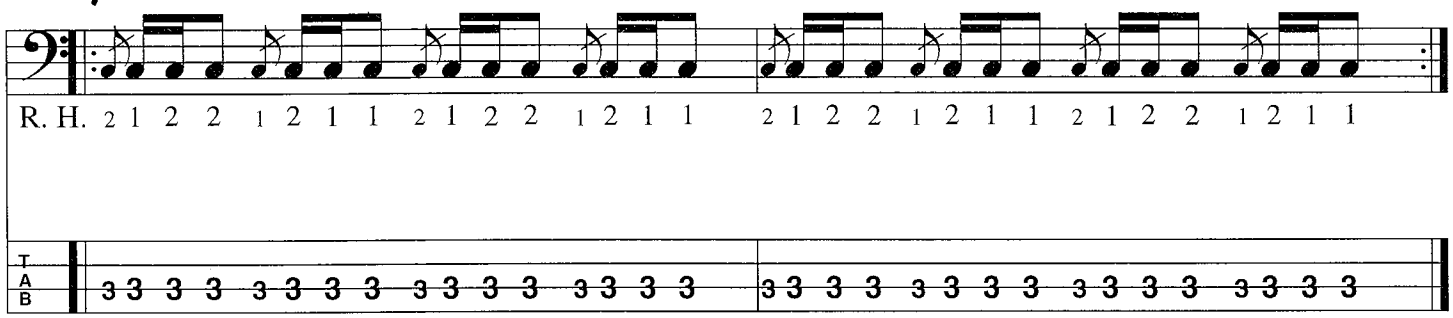


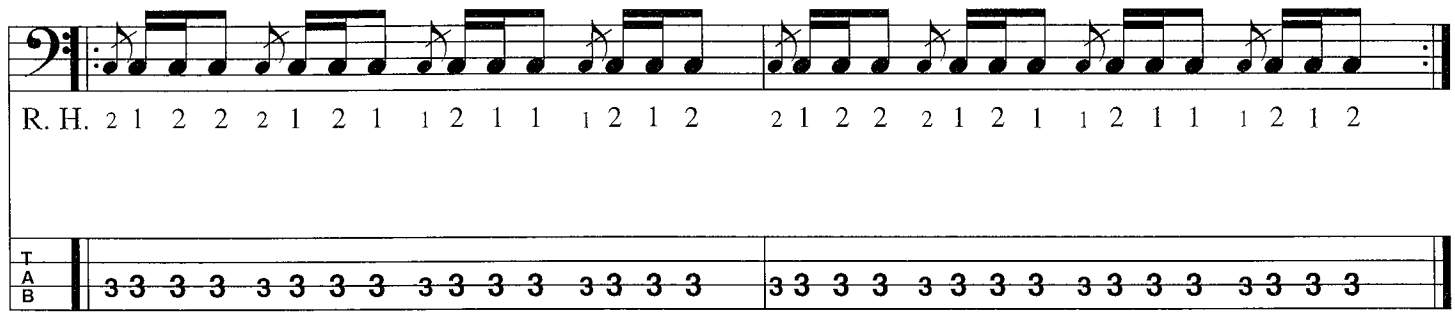
13.)


R. H. 2 1 2 1 1 2 1 2 2 1 2 1 1 2 1 2 2 1 2 1 1 2 1 2 2 1 2 1 1 2 1 2
T A B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

14.)


R. H. 2 1 2 2 1 2 1 1 2 1 2 2 1 2 1 1 2 1 2 2 1 2 1 1 2 1 2 2 1 2 1 1
T A B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

15.)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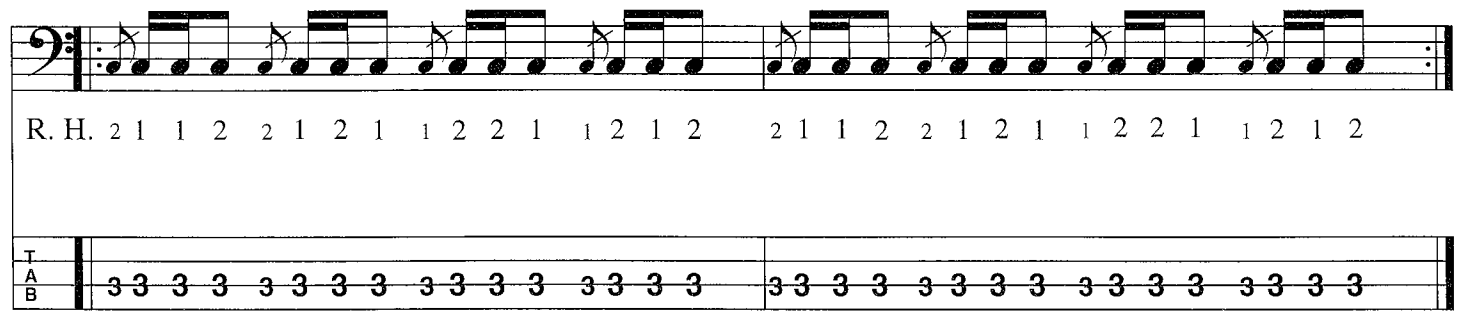
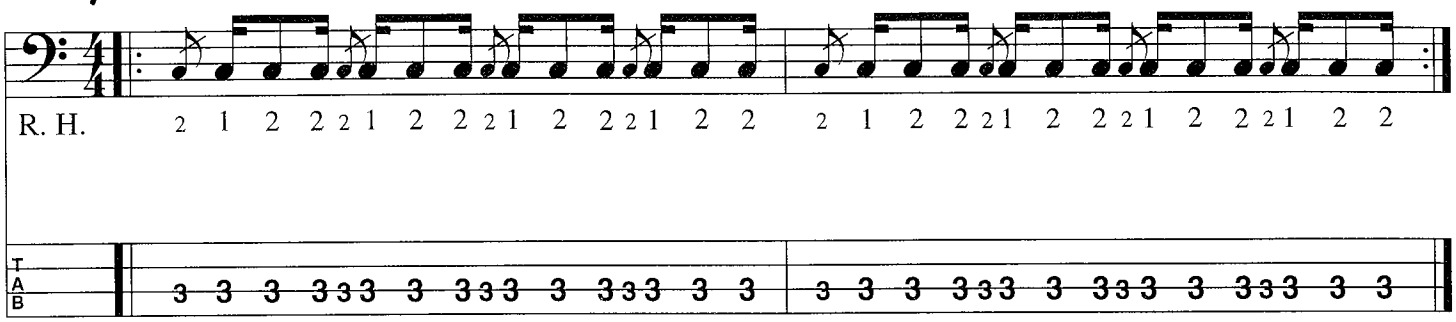
T A B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

16.)

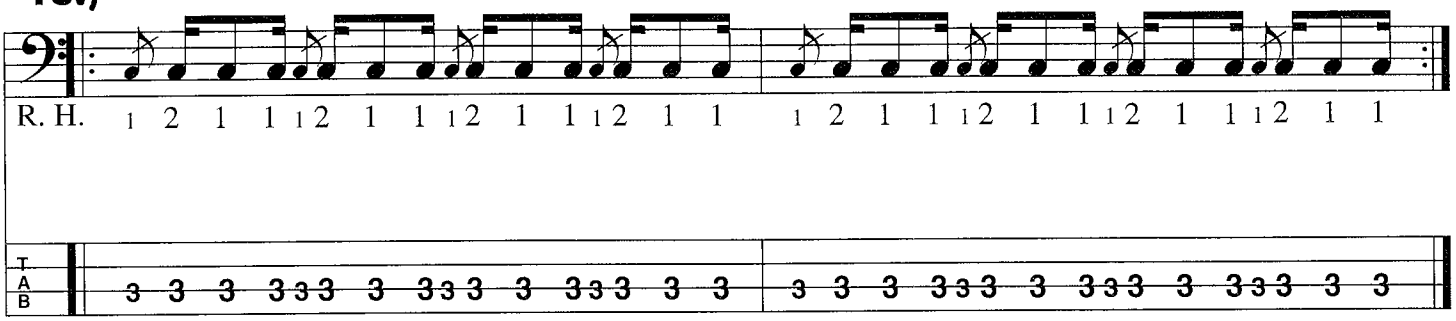

R. H. 2 1 1 2 2 1 2 1 1 2 2 1 1 2 1 2 2 1 1 2 2 1 2 1 1 2 2 1 1 2 1 2
T A B 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3

Track #40

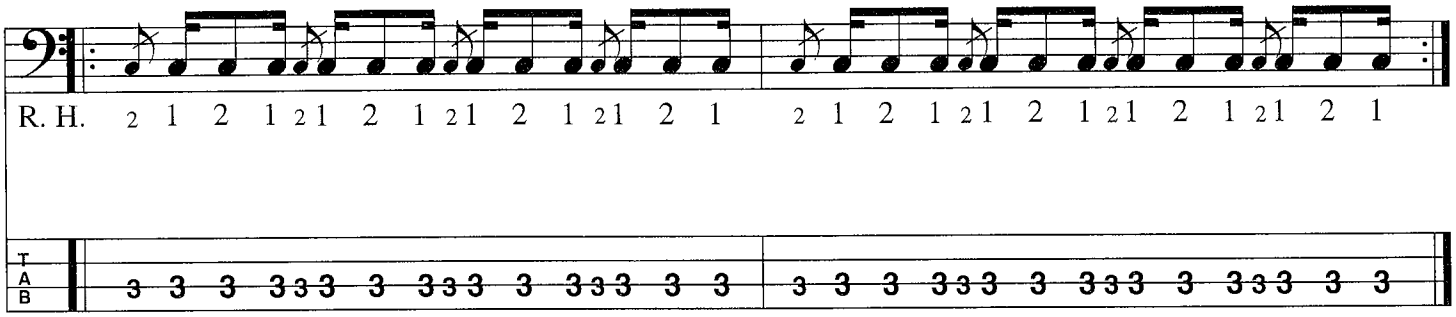
17.)



18.)



19.)



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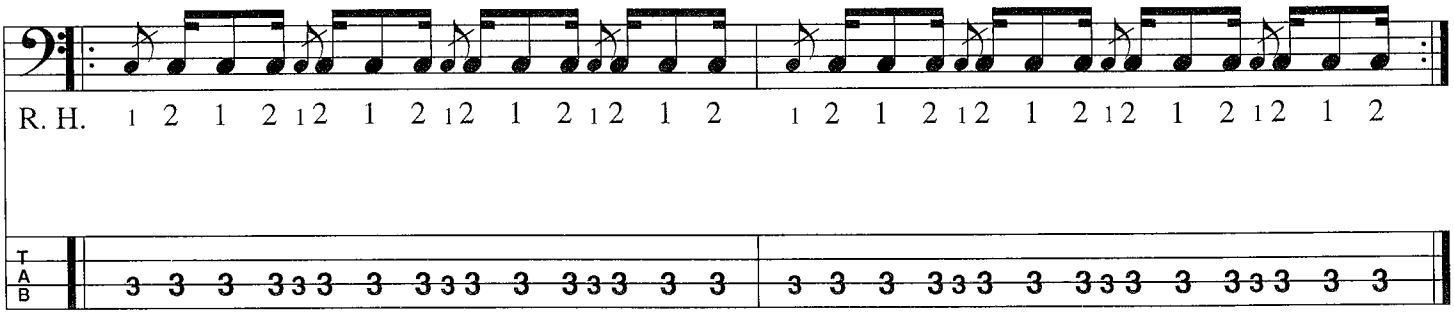

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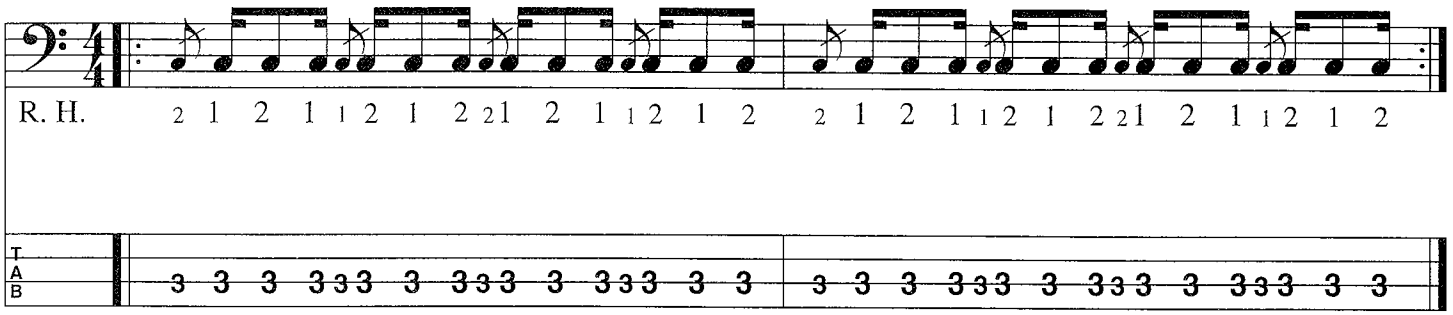

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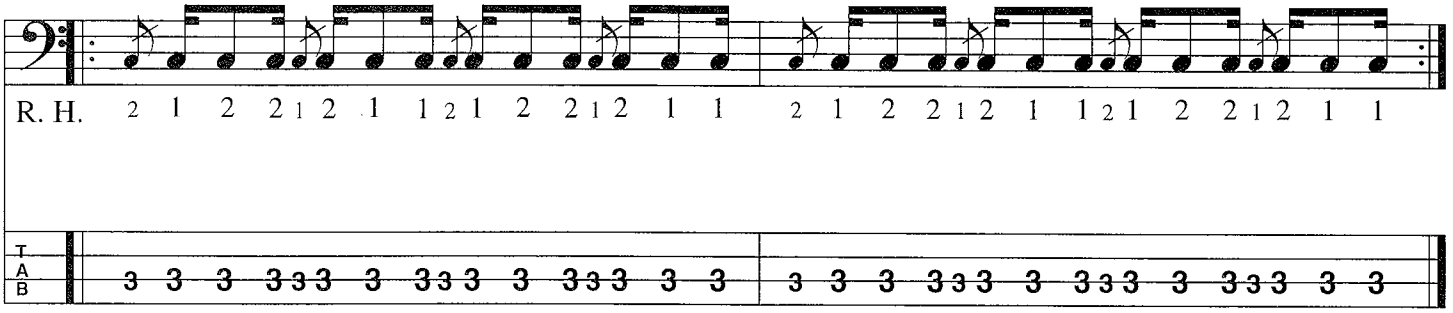

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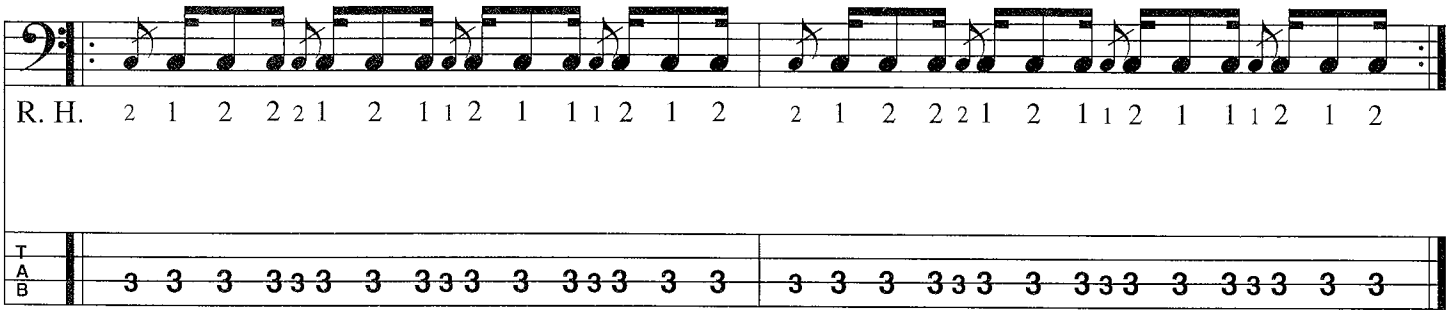

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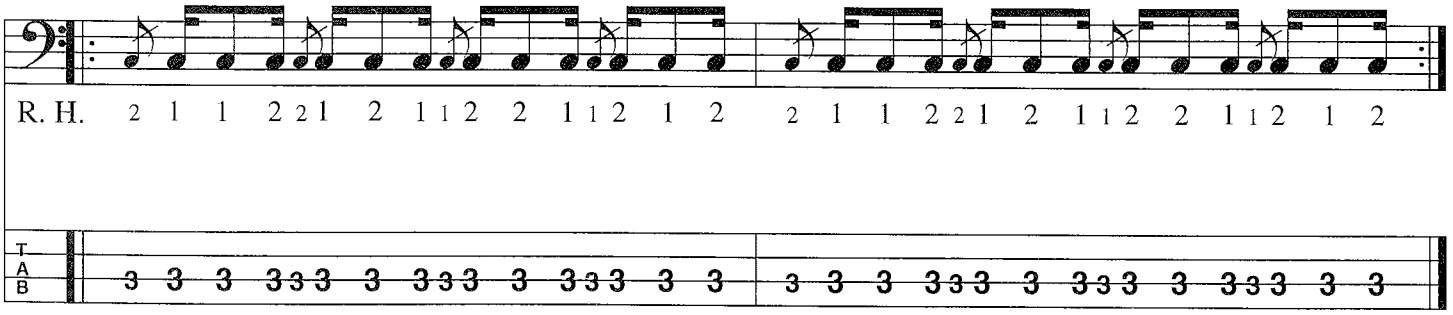
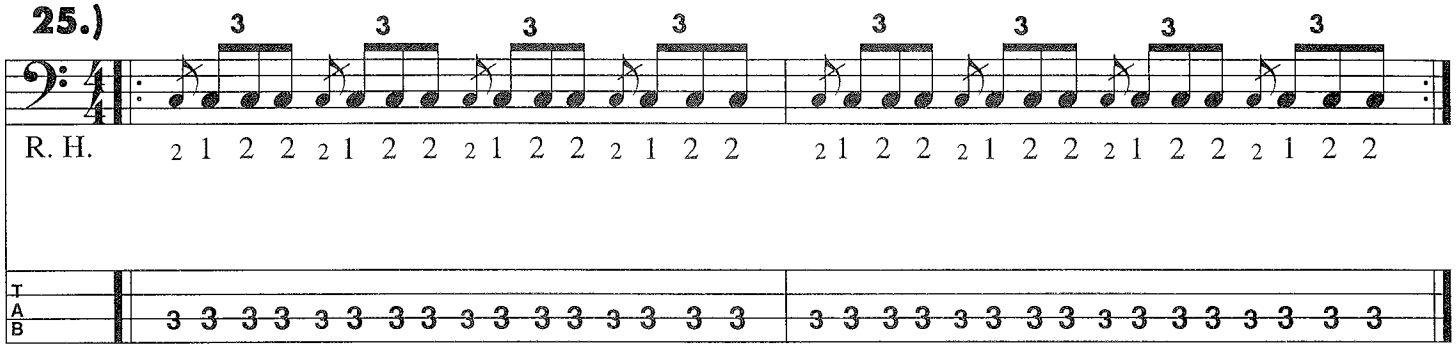
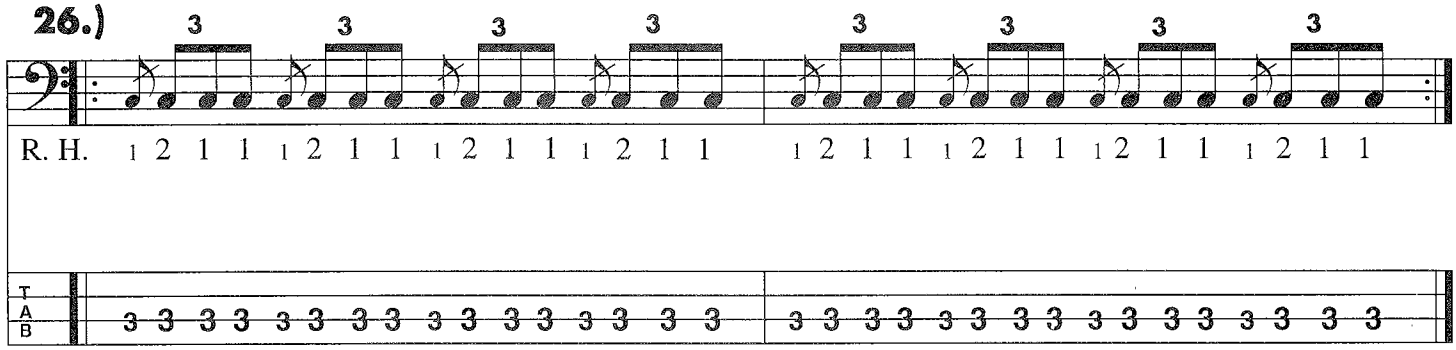


Track #41

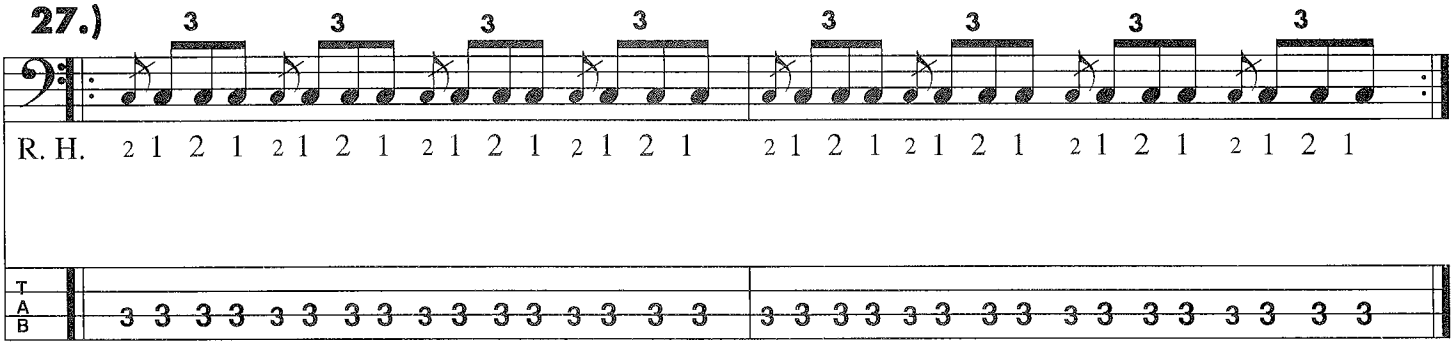
25.)



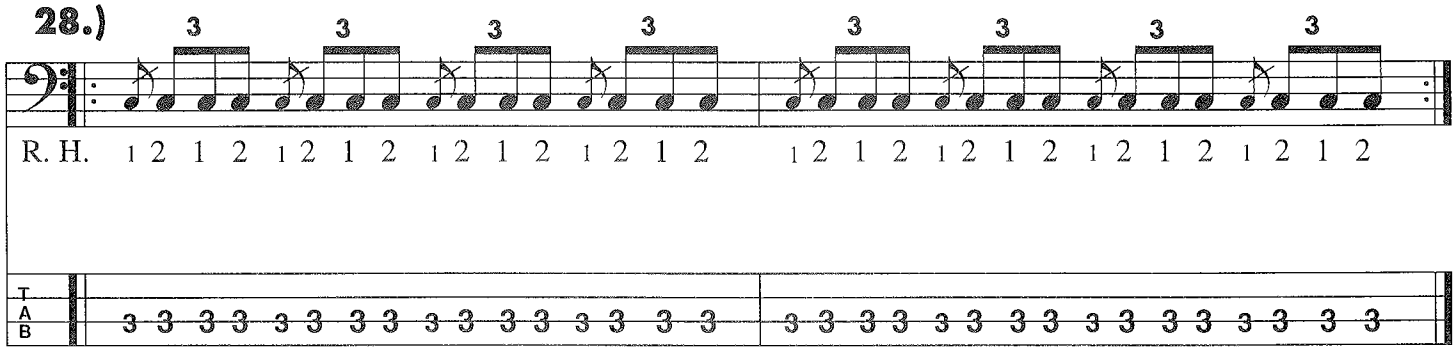
26.)



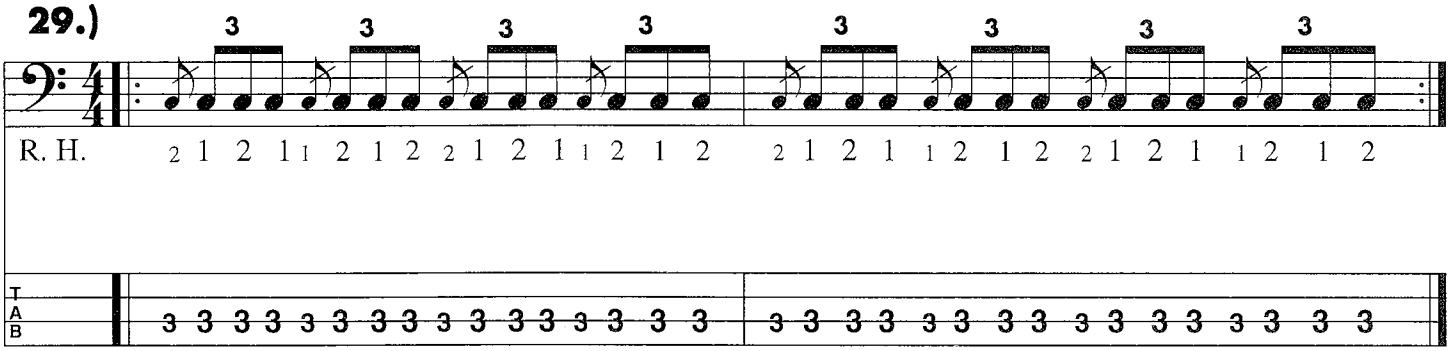
27.)



28.)



29.)



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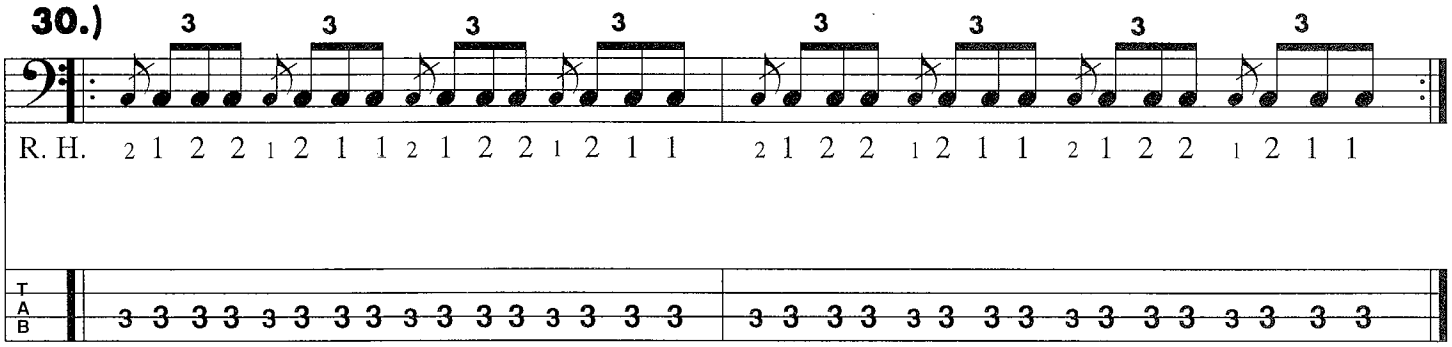

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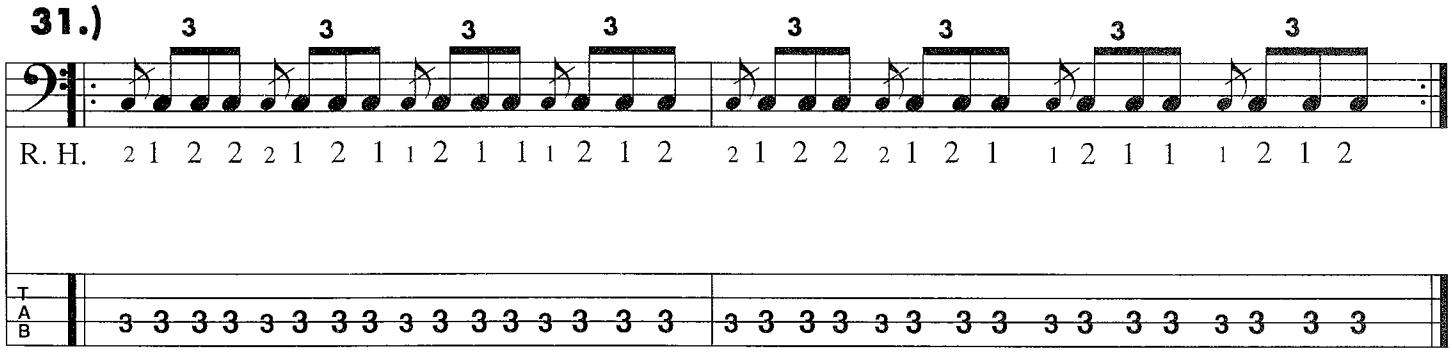

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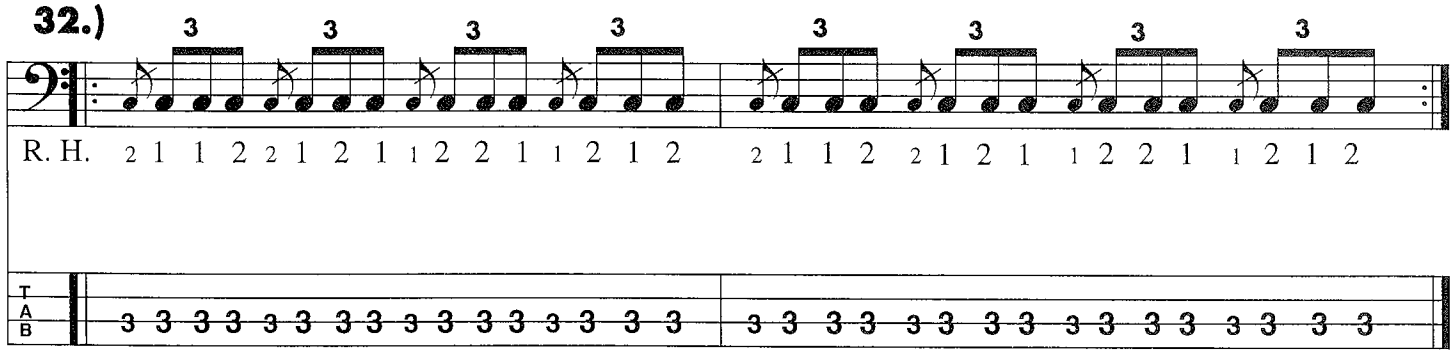
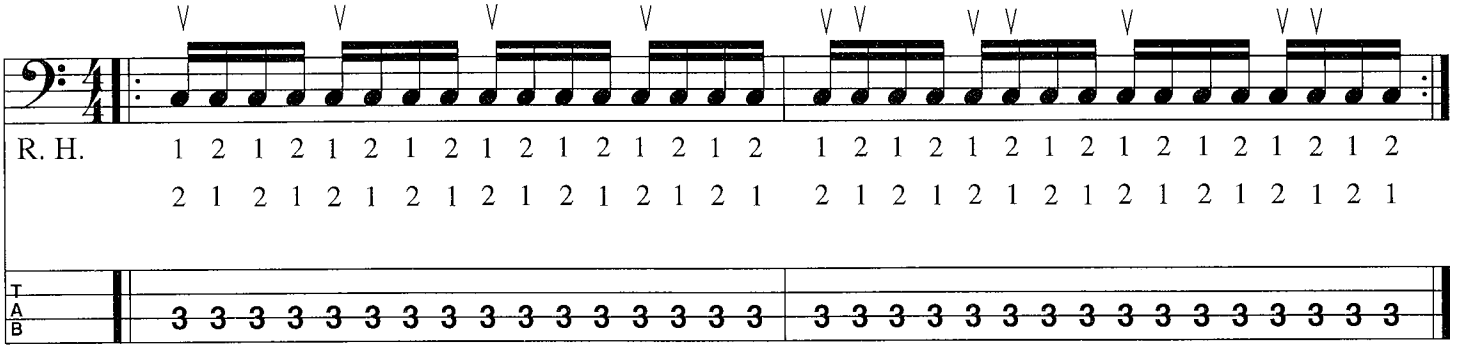


Right Hand Finger Control Exercises

Using random accents over 16th notes

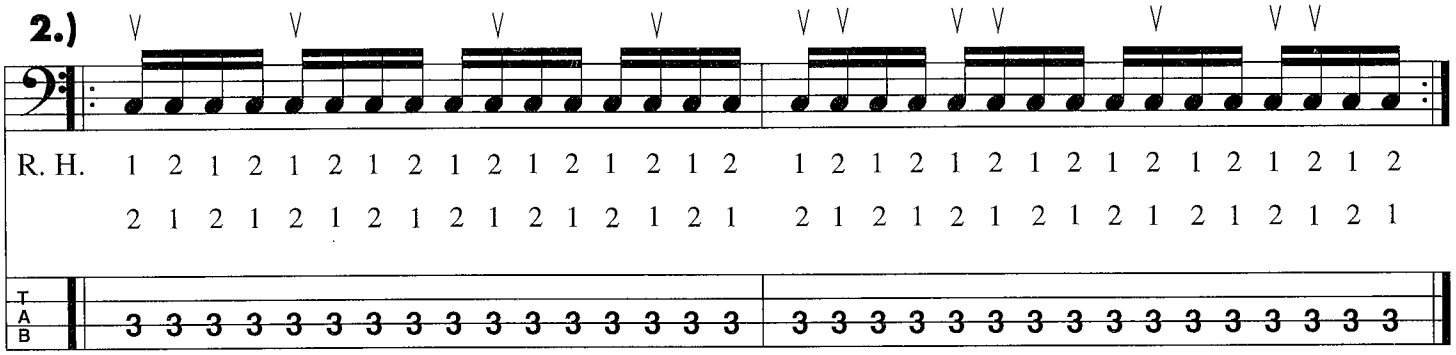
Track #42

1.) ♩ = 60



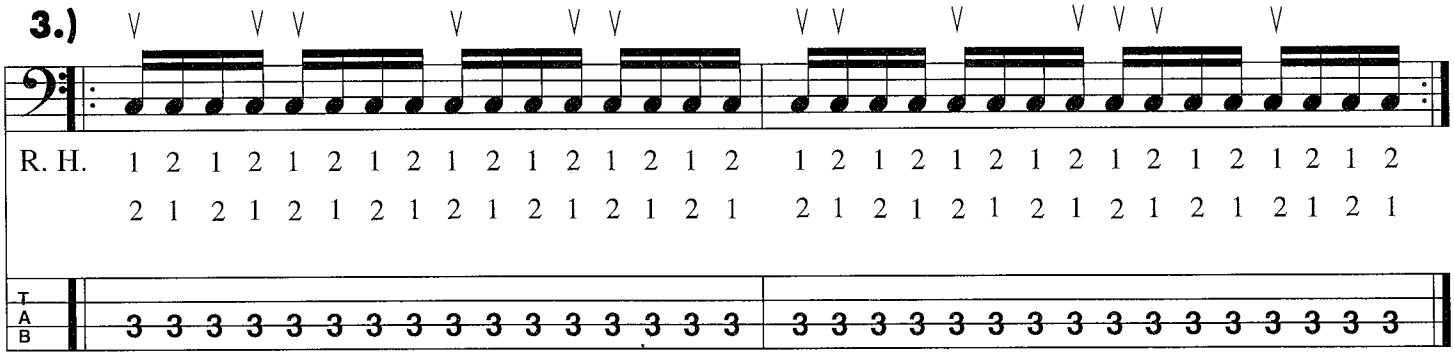
Track #43

2.)



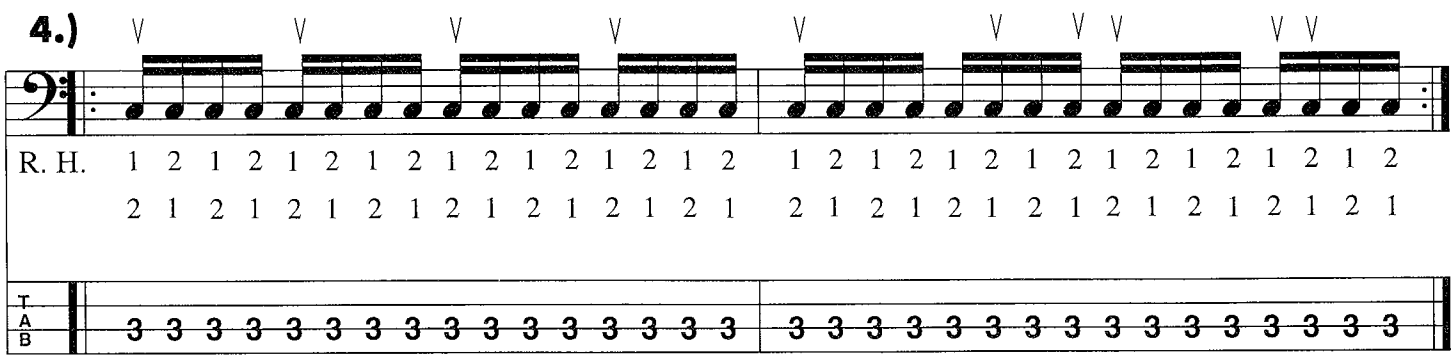
Track #44

3.)



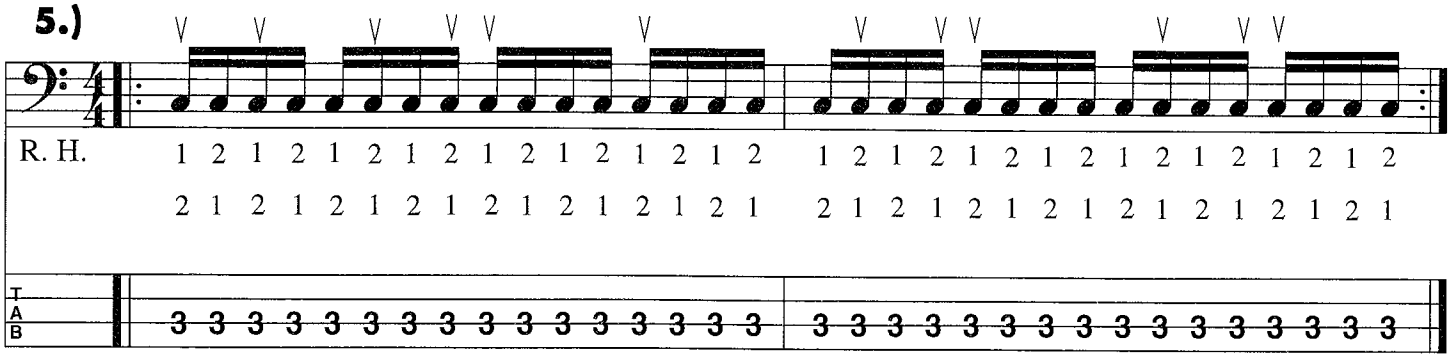
Track #45

4.)



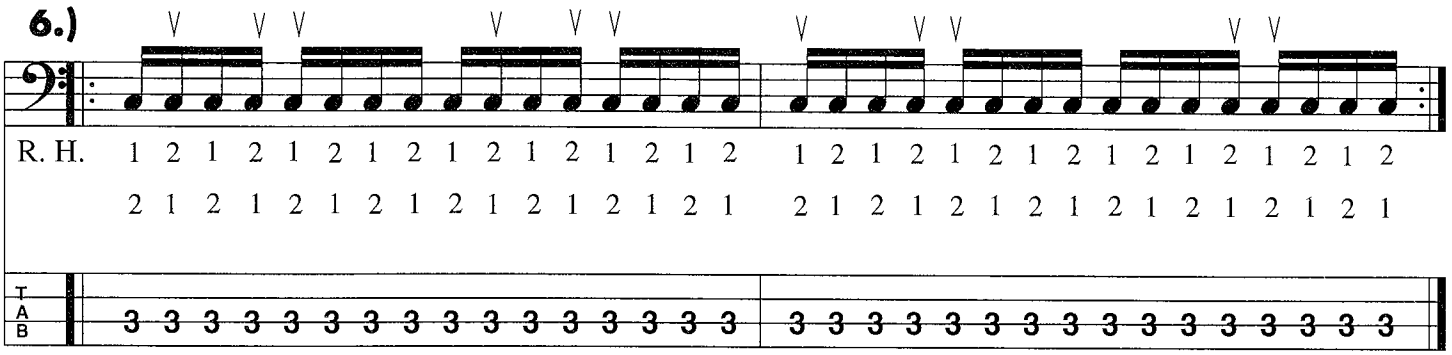
Track #46

5.)



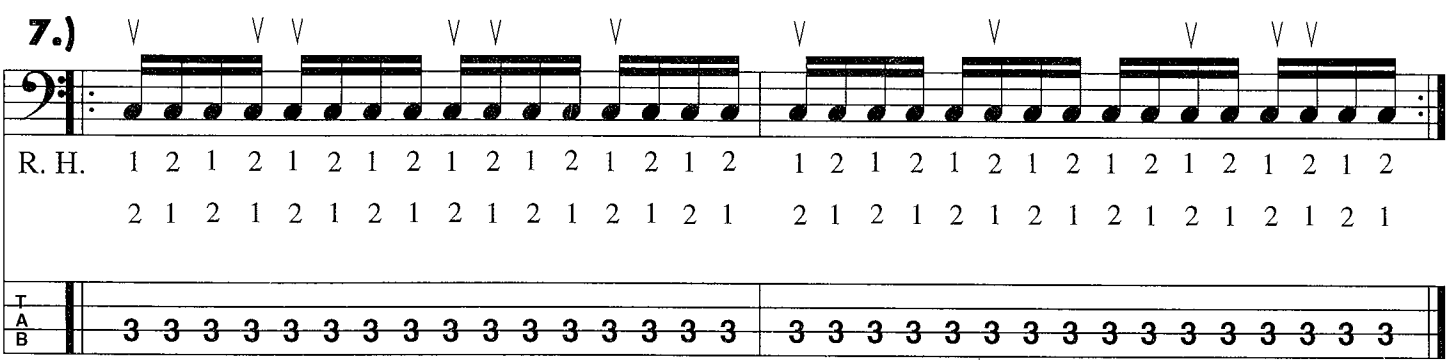
Track #47

6.)



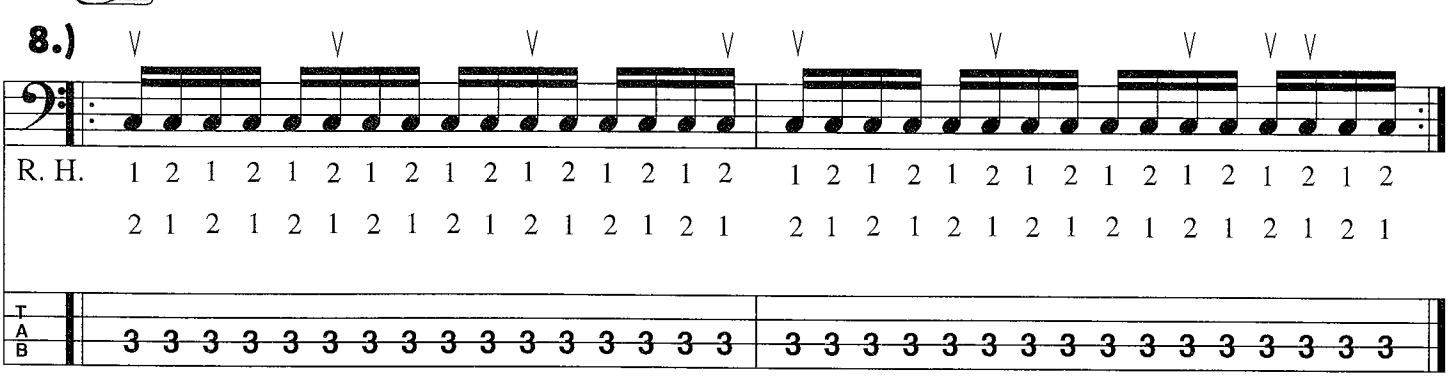
Track #48

7.)



Track #49

8.)



Section 3
Left and Right Hand Exercises

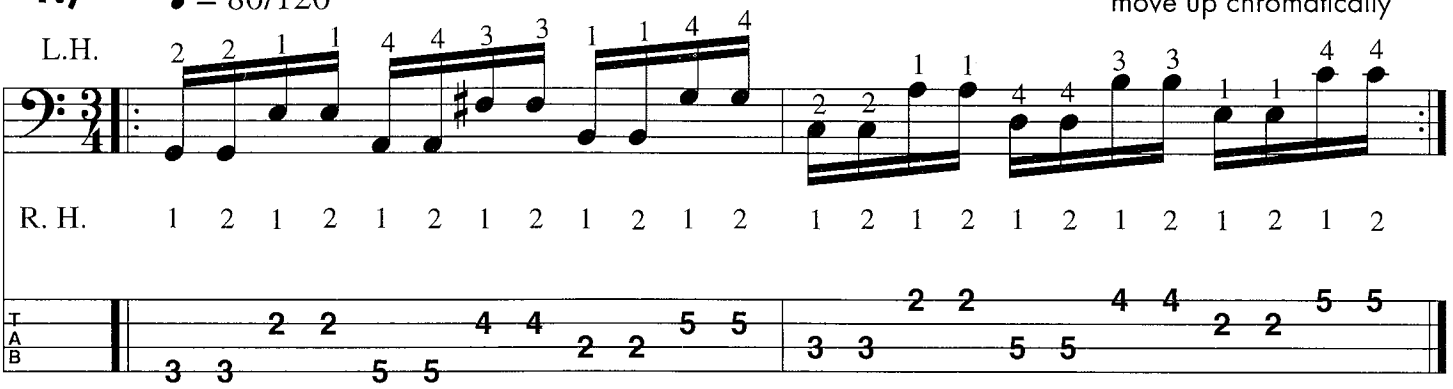
Left & Right Hand Sync. Exercises

Track #50

Skipping strings in intervals of 6th

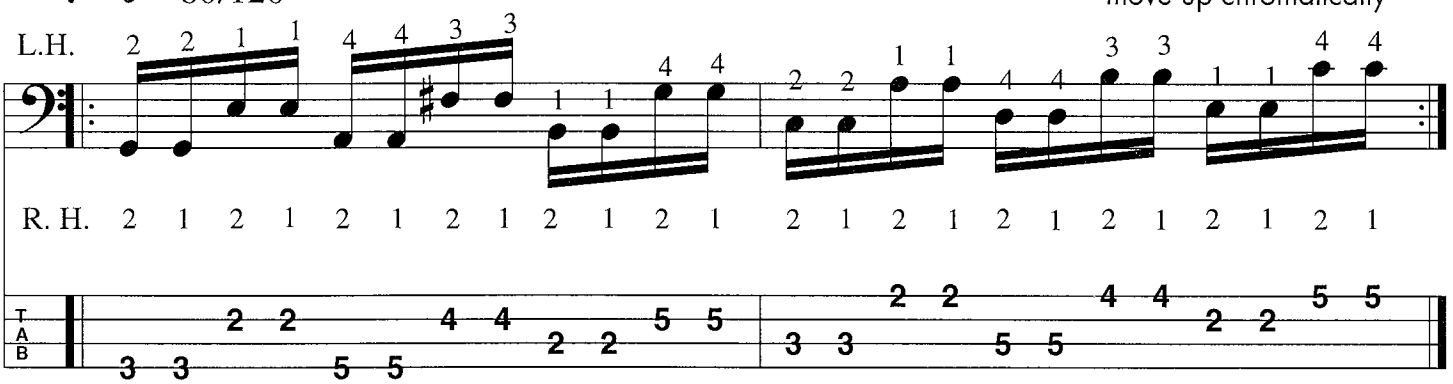
1.) ♩ = 80/120

move up chromatically



2.) ♩ = 80/120

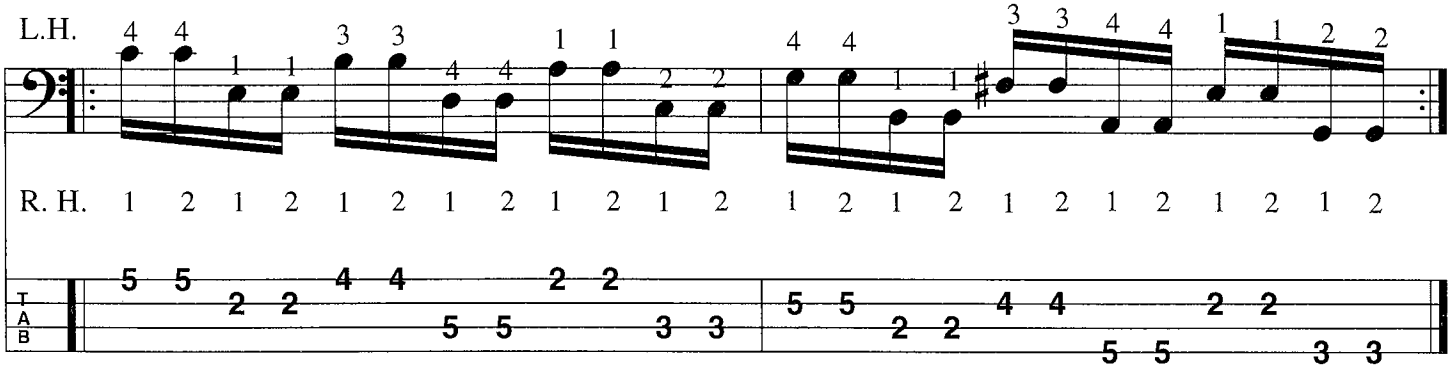
move up chromatically



Track #51

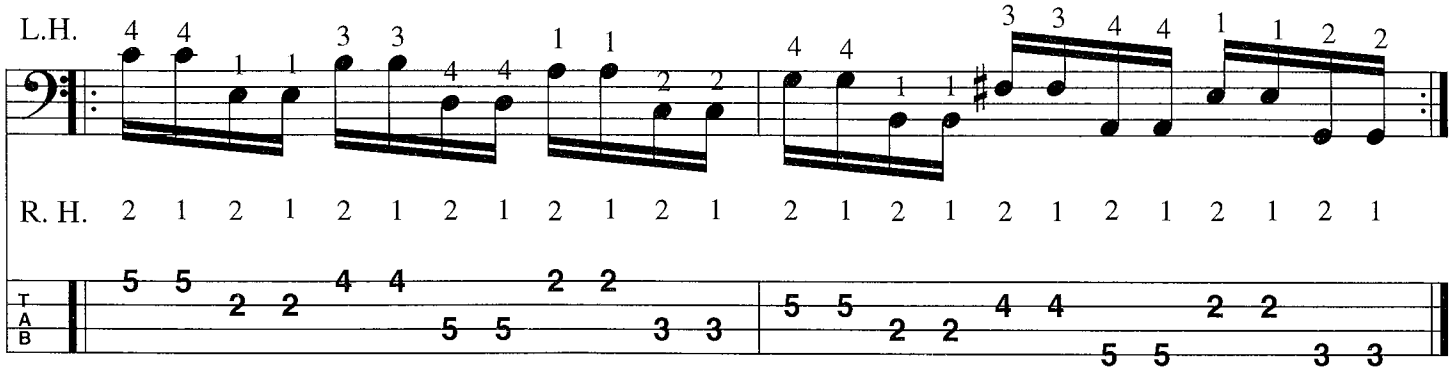
3.) ♩ = 80/120

move up chromatically



4.) ♩ = 80/120

move up chromatically

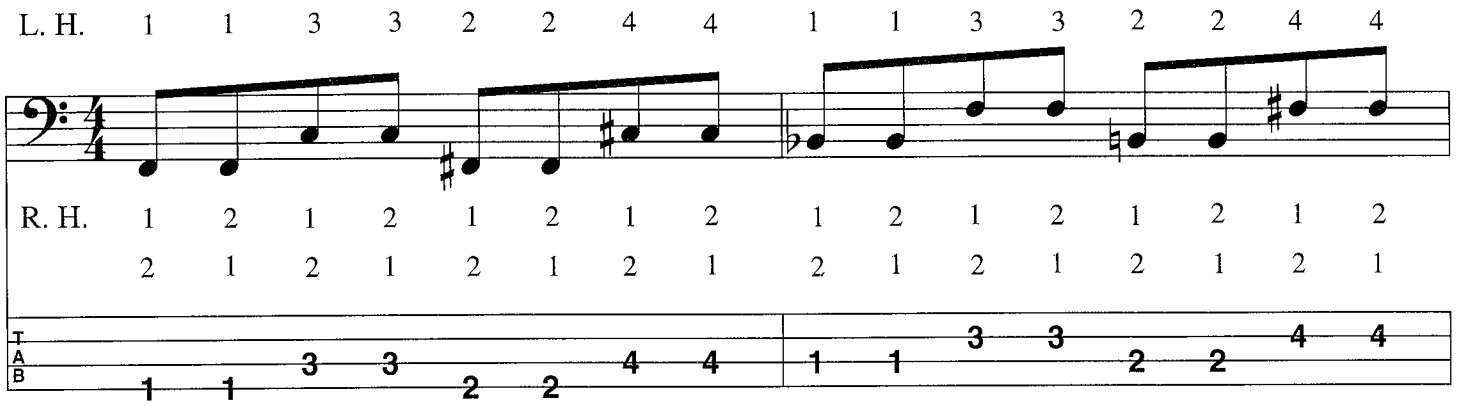


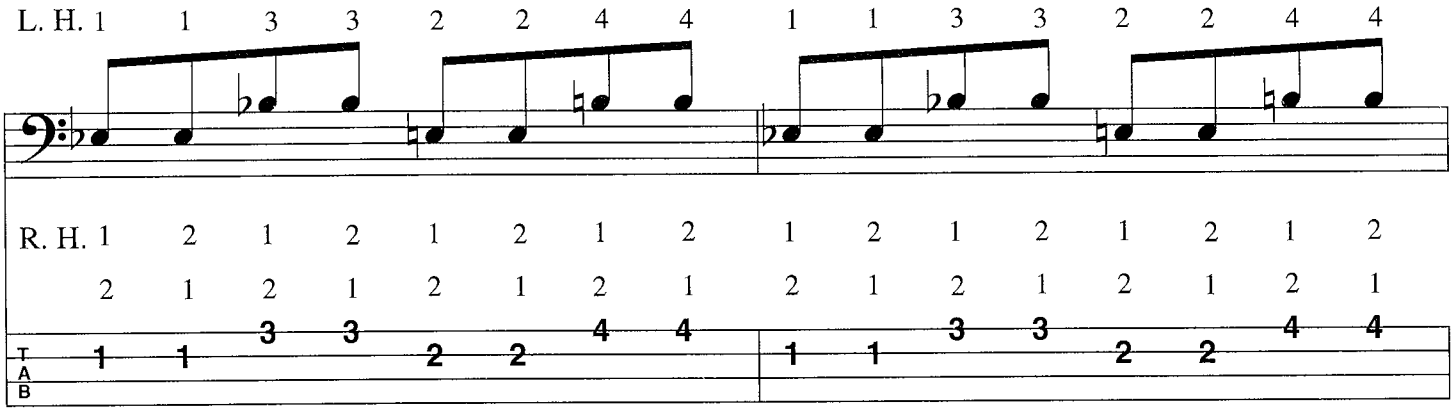
Left & Right Hand Sync. Exercises

Track #52

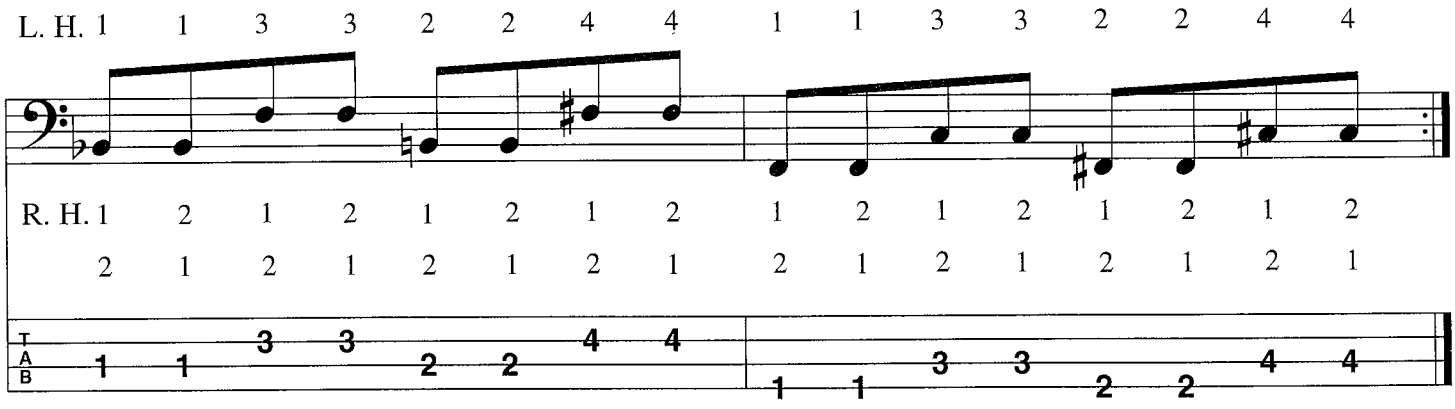
Skipping strings in intervals of 5th

1.)



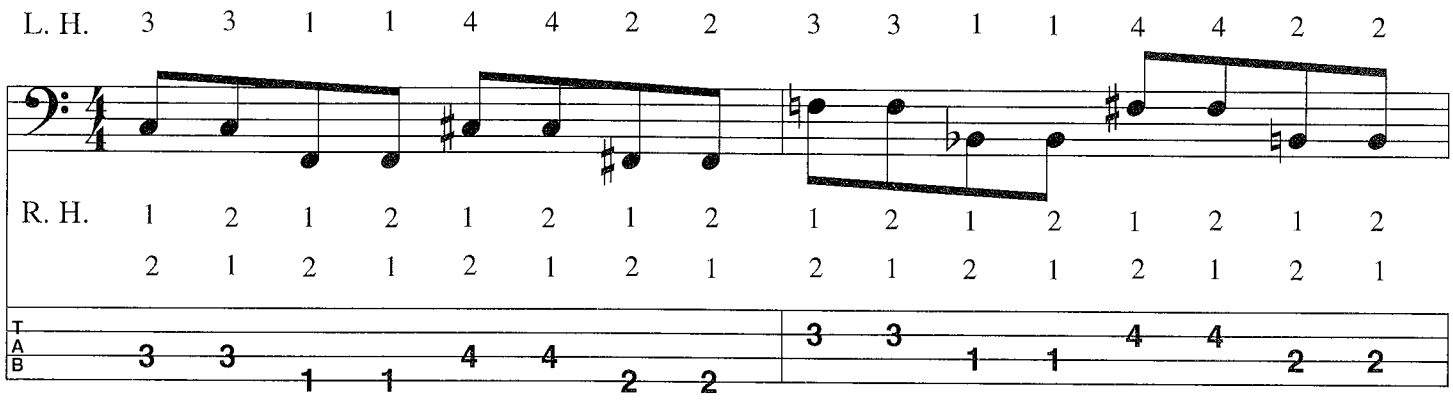


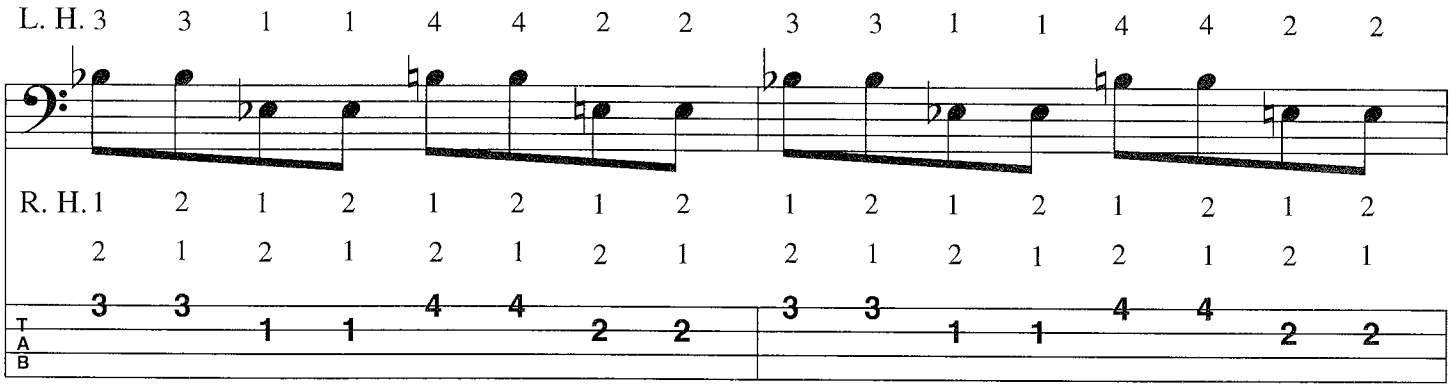
move up chromatically



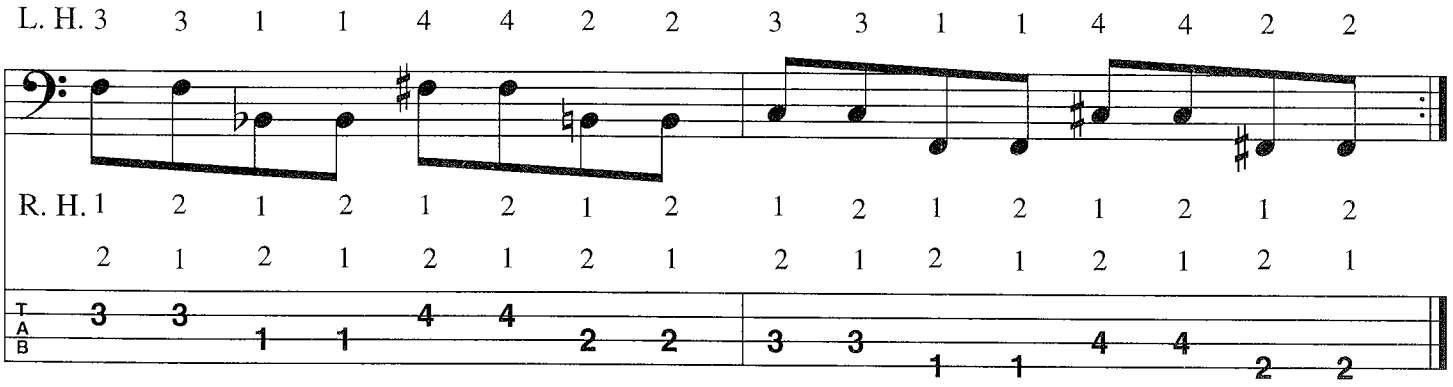
Track #53

2.)



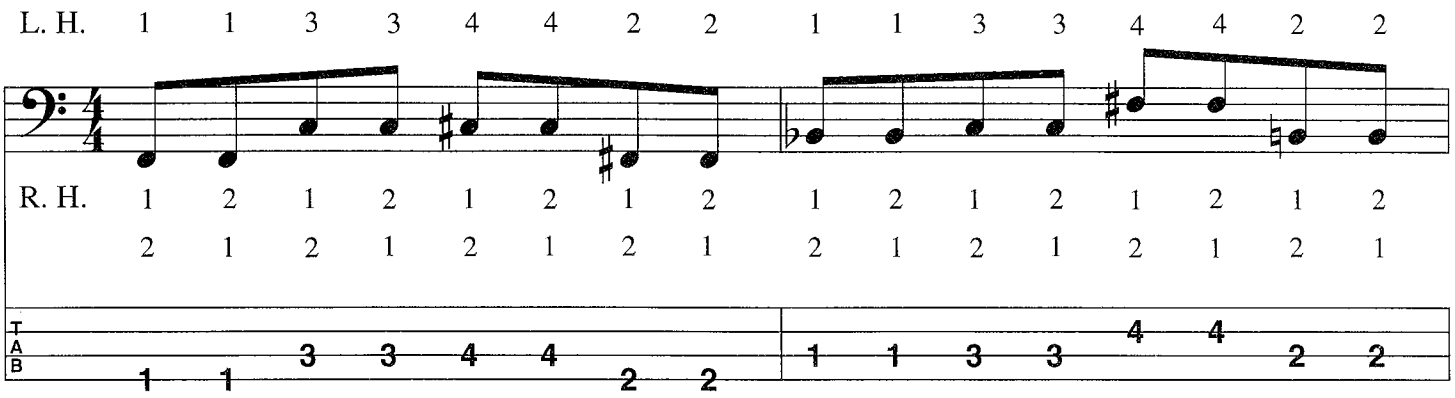


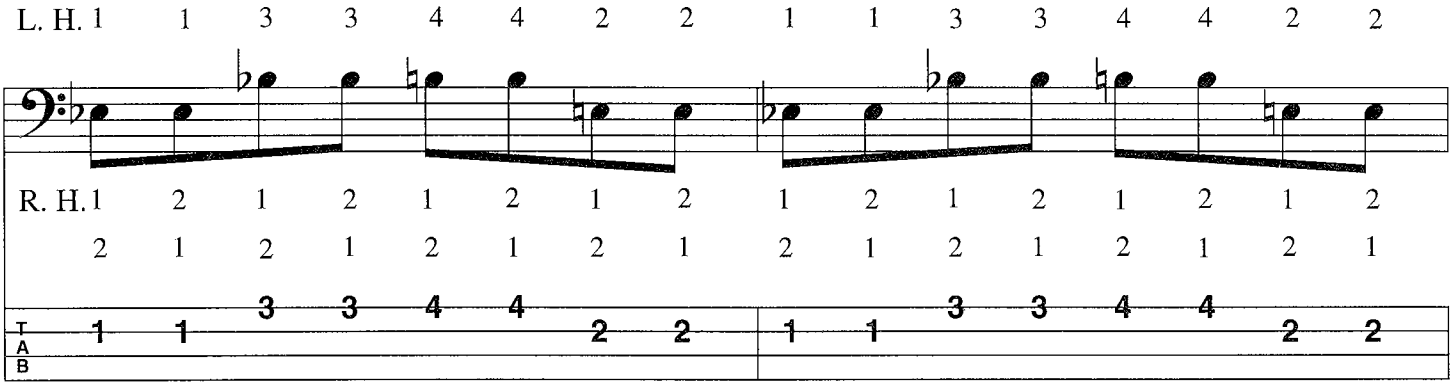
move up chromatically

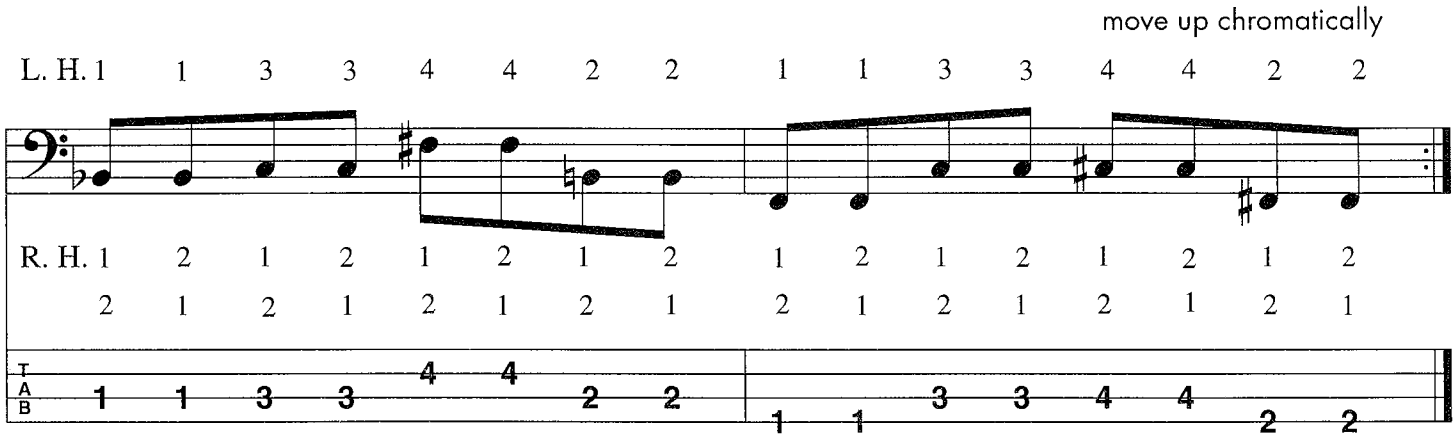


Track #54

3.)


L. H. 1 1 3 3 4 4 2 2 1 1 3 3 4 4 2 2
R. H. 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2
2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1
T A B
1 1 3 3 4 4 2 2 1 1 3 3 4 4 2 2


L. H. 1 1 3 3 4 4 2 2 1 1 3 3 4 4 2 2
R. H. 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2
2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1
T A B
1 1 3 3 4 4 2 2 1 1 3 3 4 4 2 2


move up chromatically
L. H. 1 1 3 3 4 4 2 2 1 1 3 3 4 4 2 2
R. H. 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2
2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1
T A B
1 1 3 3 4 4 2 2 1 1 3 3 4 4 2 2

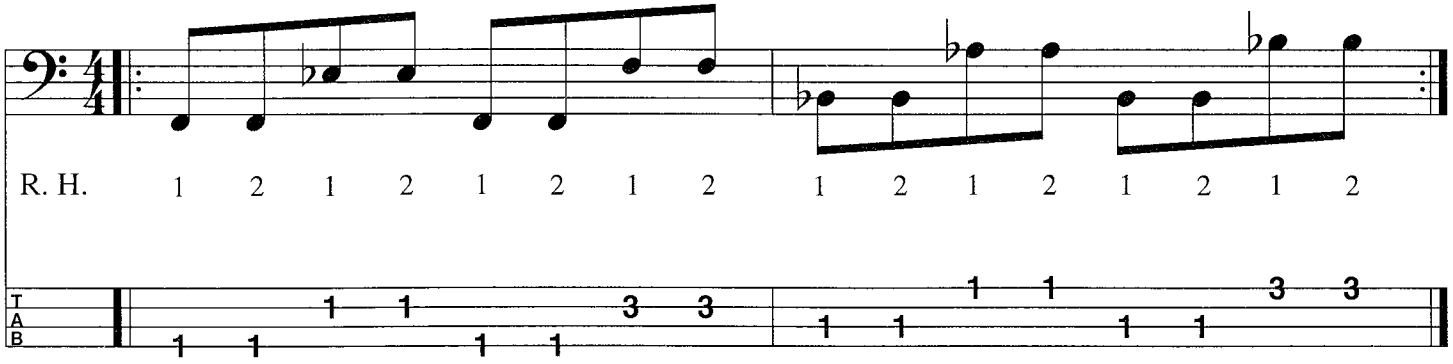
Left & Right Hand Sync. Exercises

Track #55

Skipping Strings in Various Intervals

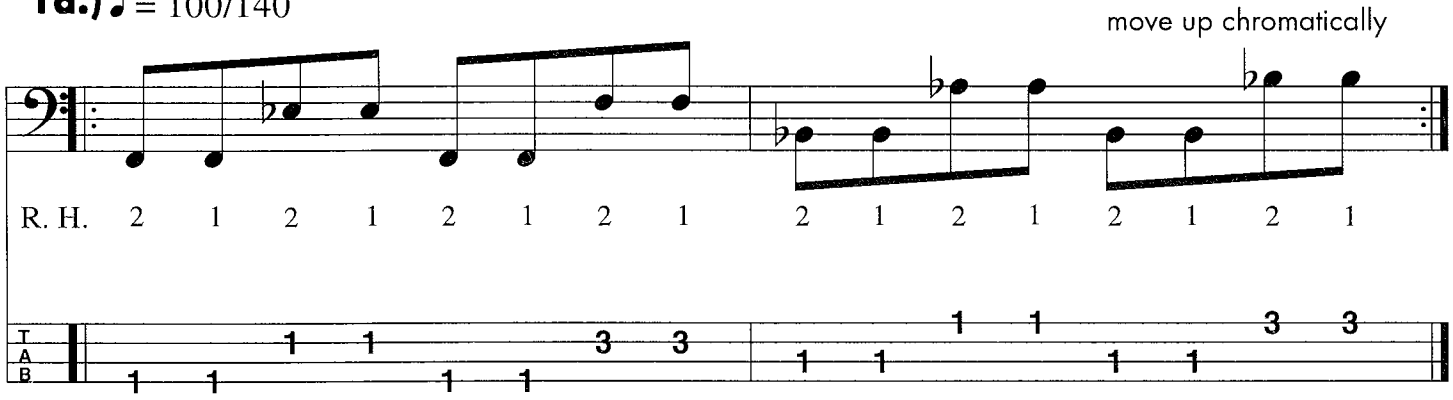
1.) ♩ = 100/140

move up chromatically



1a.) ♩ = 100/140

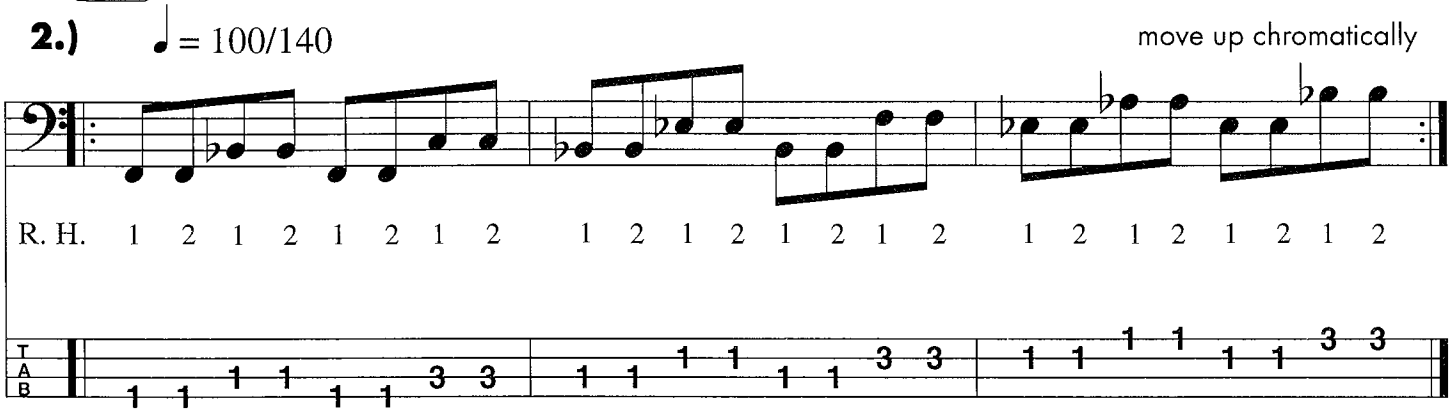
move up chromatically



Track #56

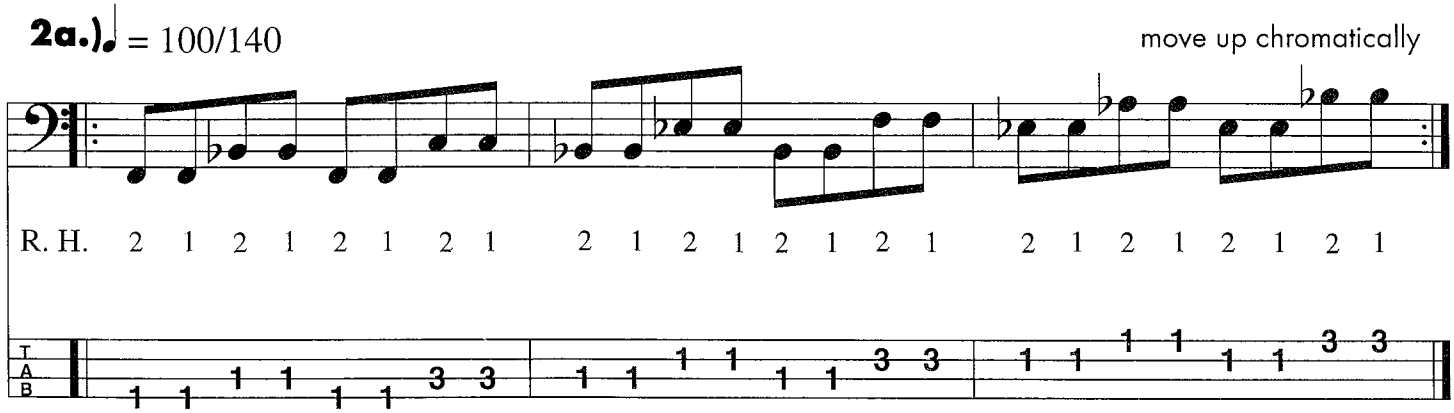
2.) ♩ = 100/140

move up chromatically



2a.) ♩ = 100/140

move up chromatically

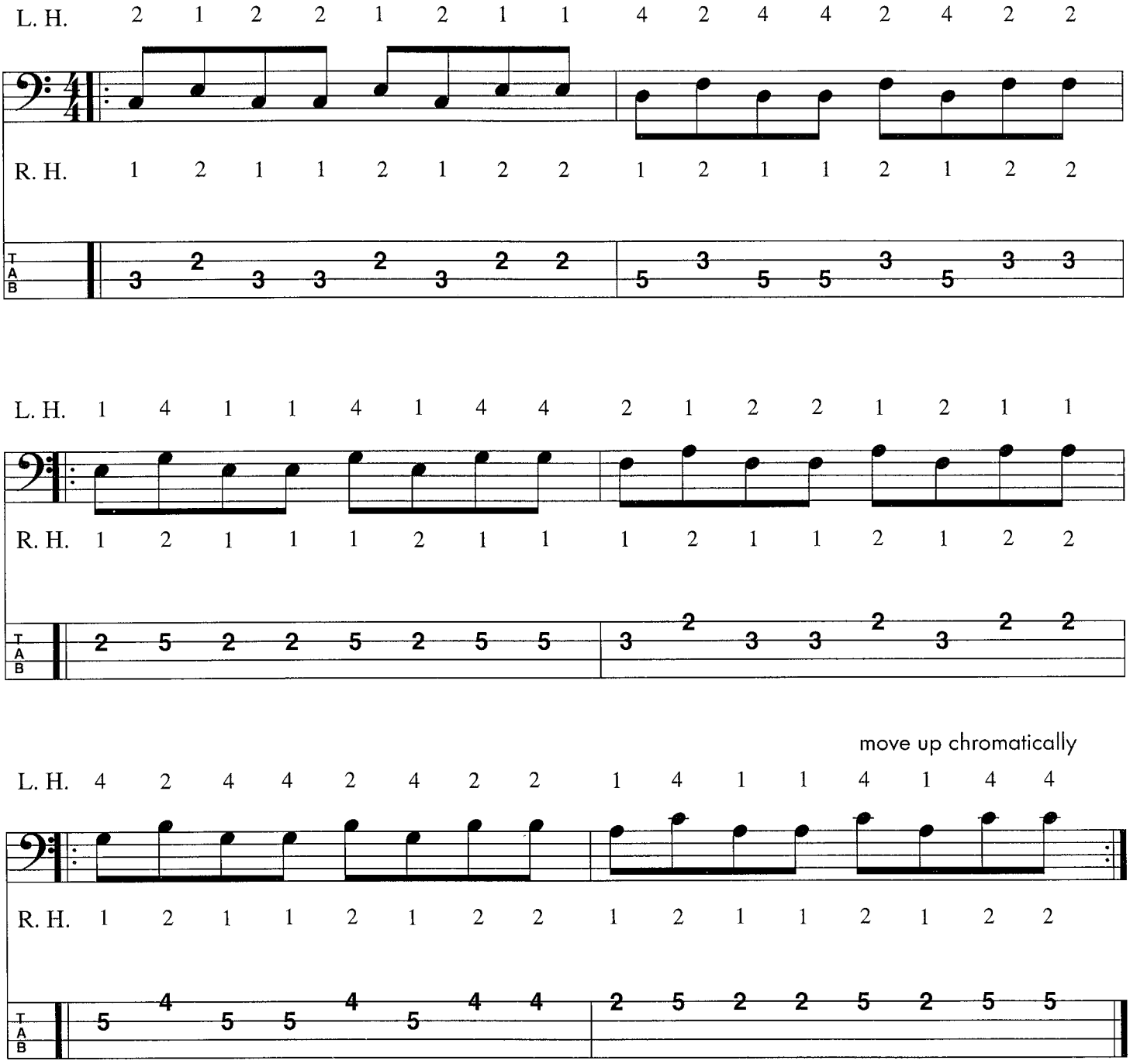


Left & Right Hand Sync. Exercises

Track #57

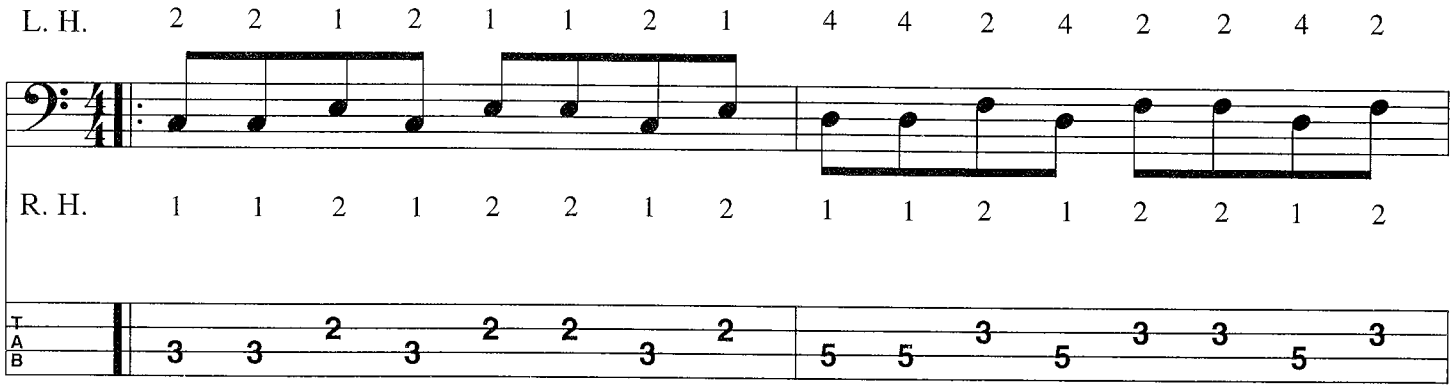
Combining interval skipping and
Right hand finger control exercises

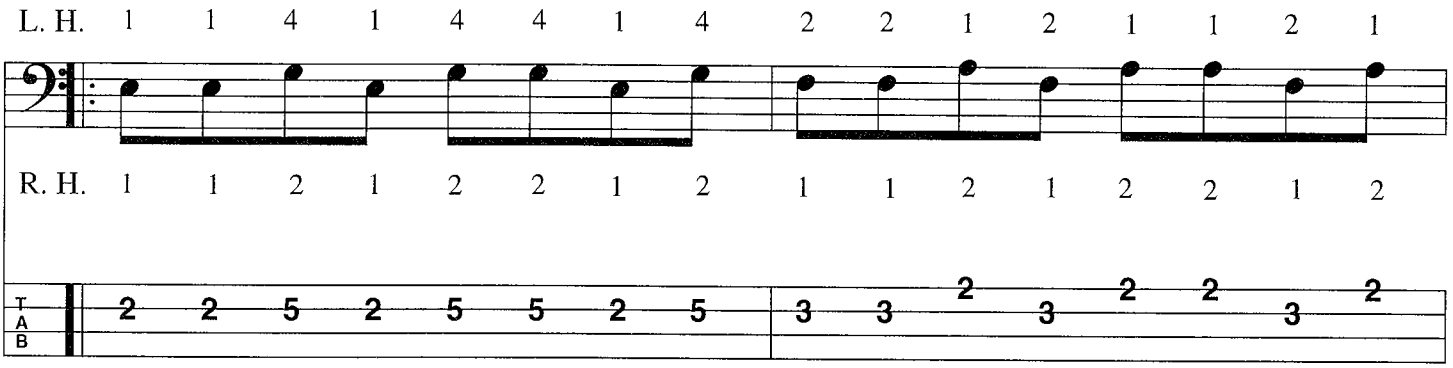
1.)

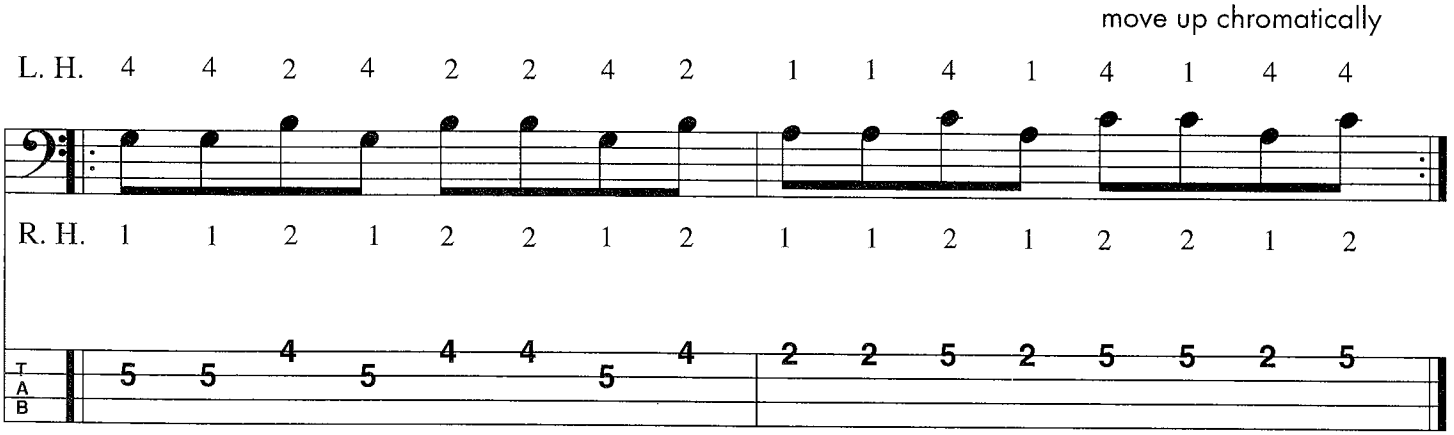


Track #58

2.)

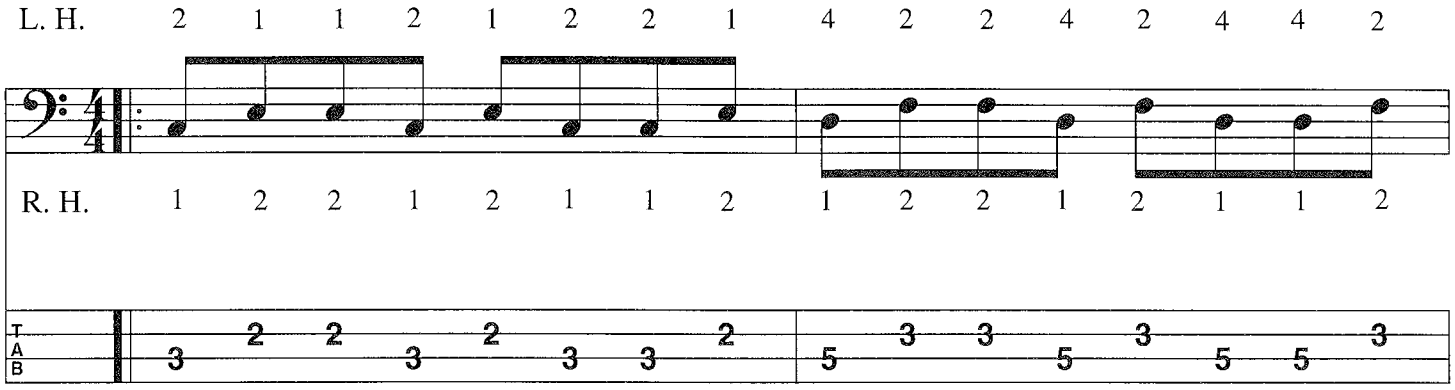

L. H. 2 2 1 2 1 1 2 1 4 4 2 4 2 2 4 2
R. H. 1 1 2 1 2 2 1 2 1 1 2 1 2 2 1 2
T A B 3 3 2 3 2 2 3 2 5 5 3 5 3 3 5 3

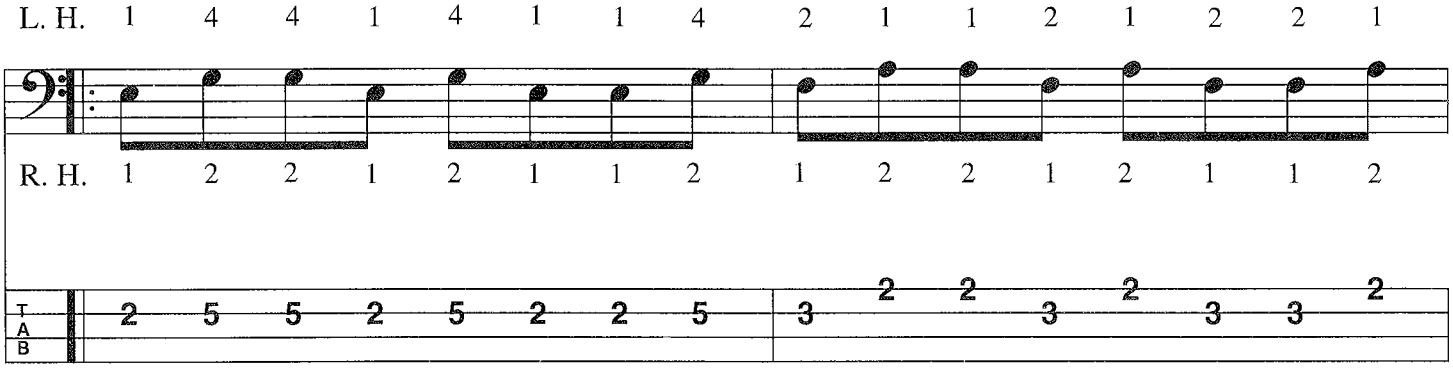

L. H. 1 1 4 1 4 4 1 4 2 2 1 2 1 1 2 1
R. H. 1 1 2 1 2 2 1 2 1 1 2 1 2 2 1 2
T A B 2 2 5 2 5 5 2 5 3 3 2 3 2 2 3 2


move up chromatically
L. H. 4 4 2 4 2 2 4 2 1 1 4 1 4 1 4 4
R. H. 1 1 2 1 2 2 1 2 1 1 2 1 2 2 1 2
T A B 5 5 4 5 4 4 5 4 2 2 5 2 5 5 2 5

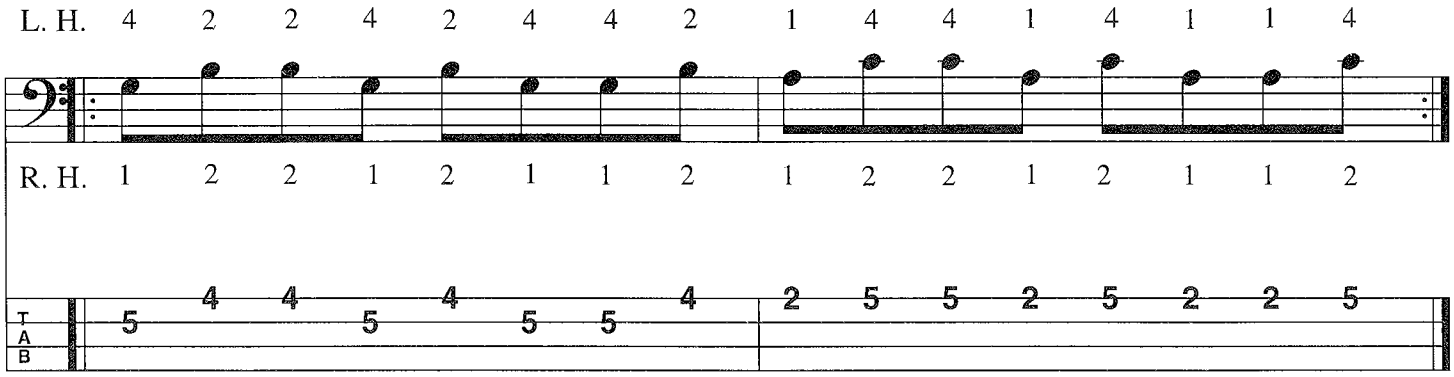
Track #59

3.)





move up chromatically

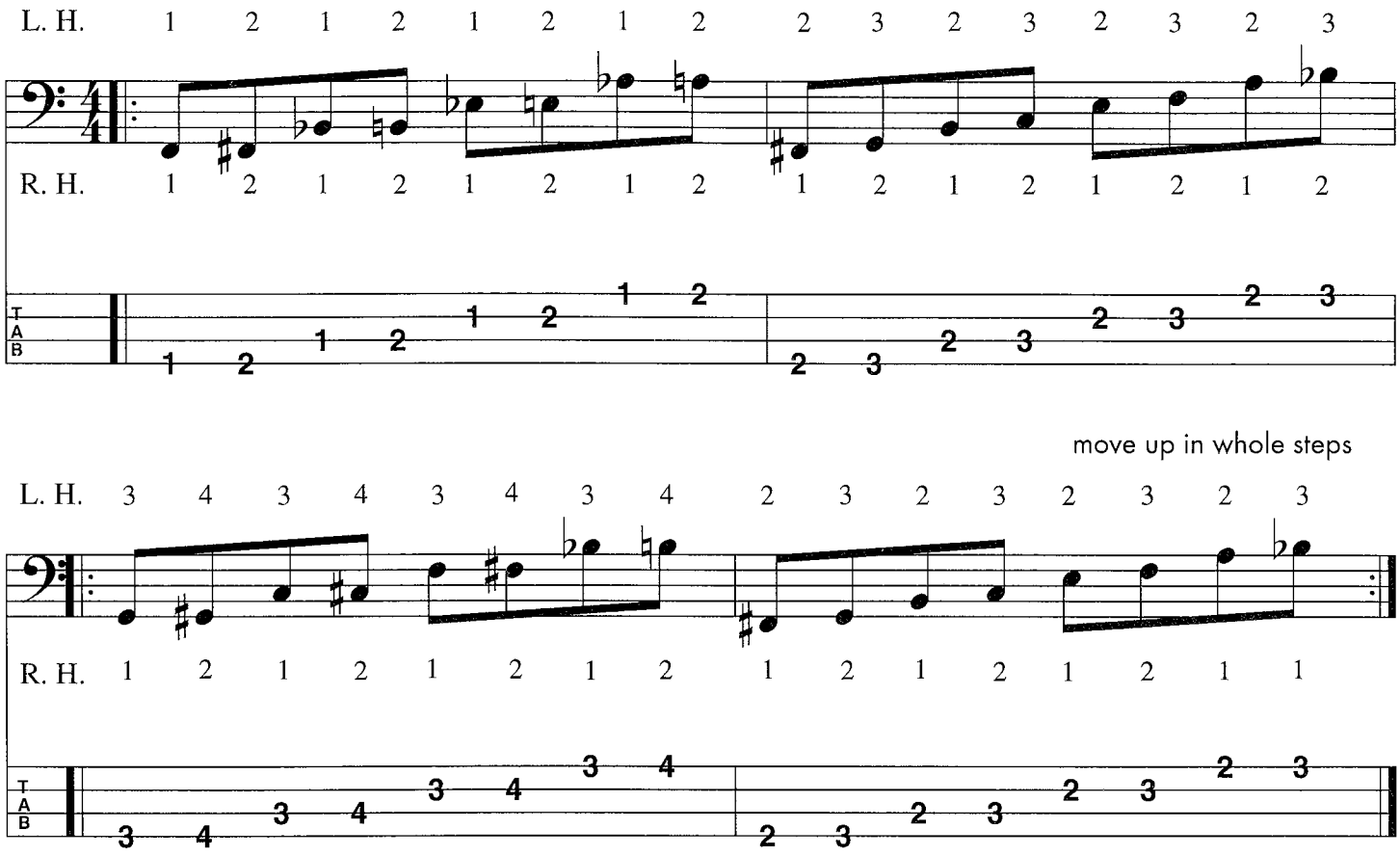


Track #60

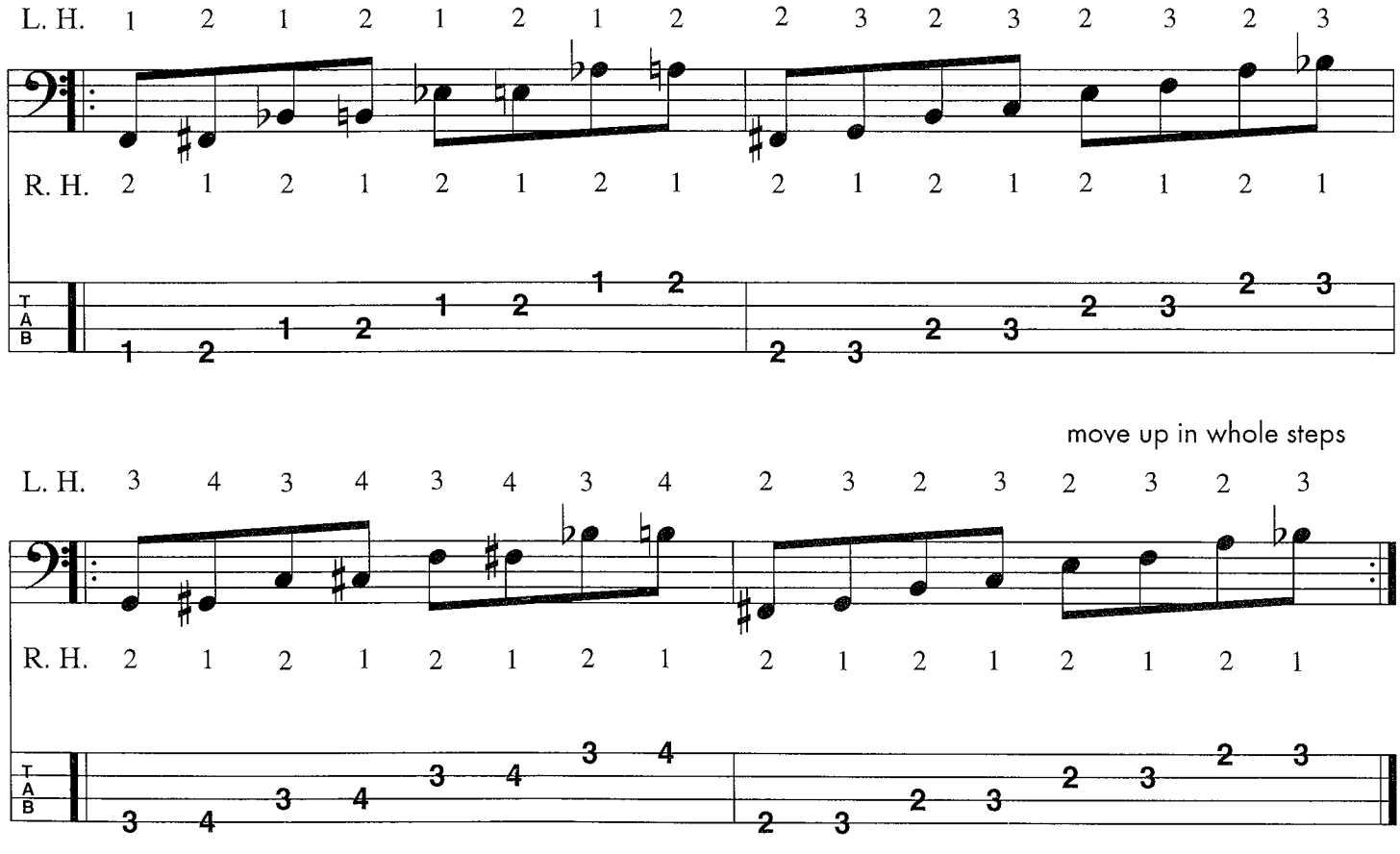
Left & Right Hand Sync. Exercises

Inverting left and right hand motion over whole steps

1.)

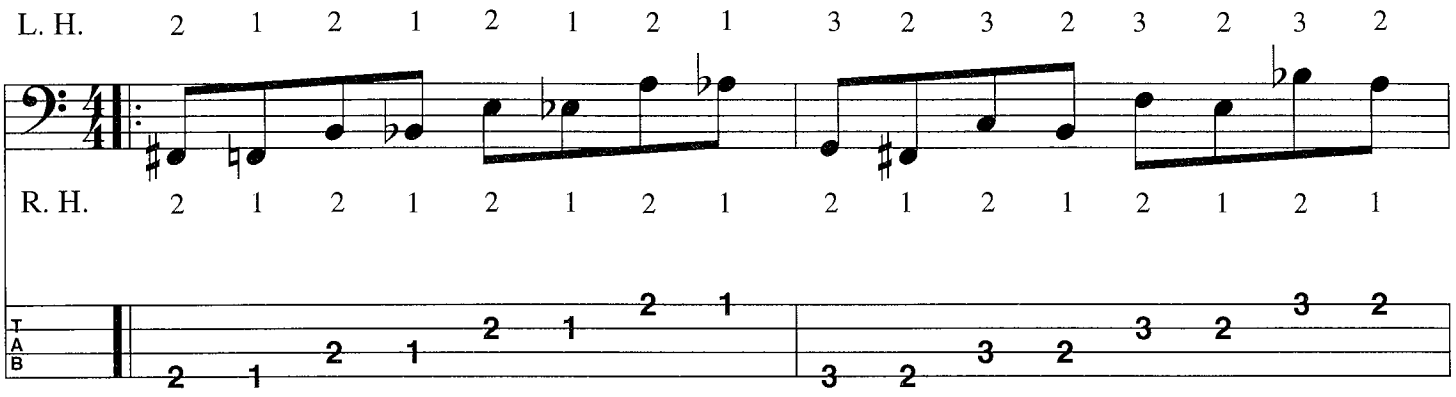


2.)

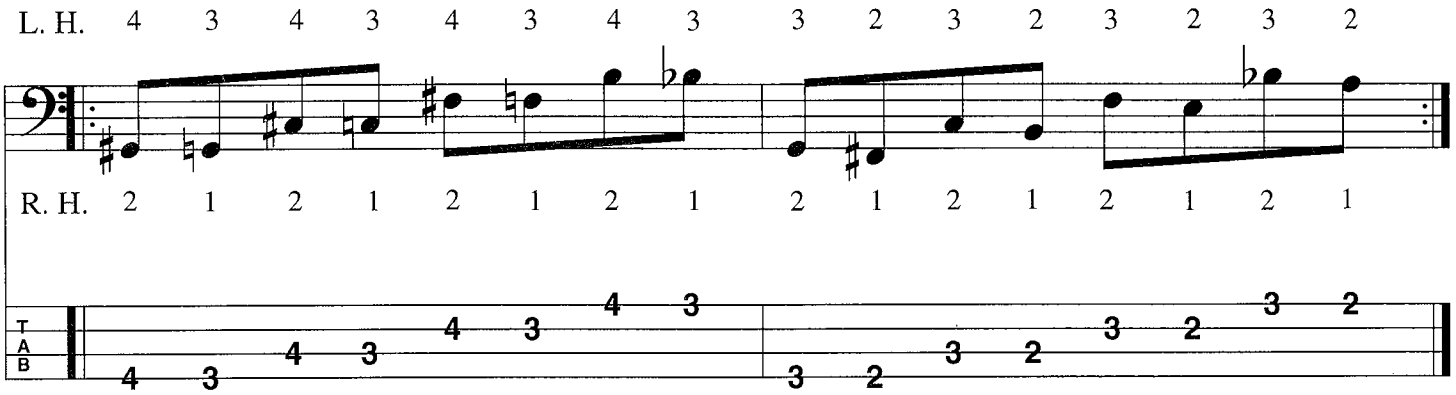


Track #61

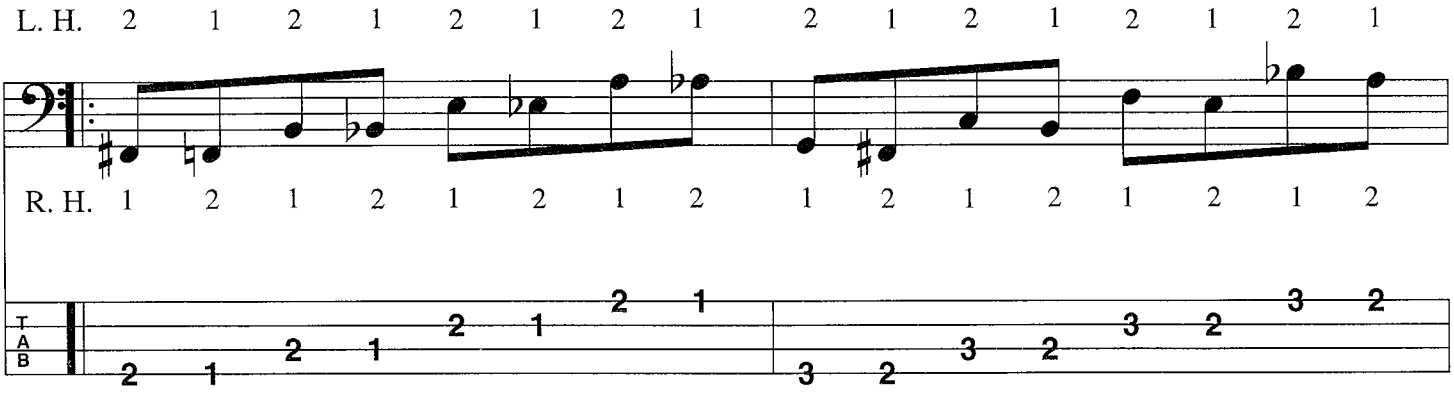
3.)



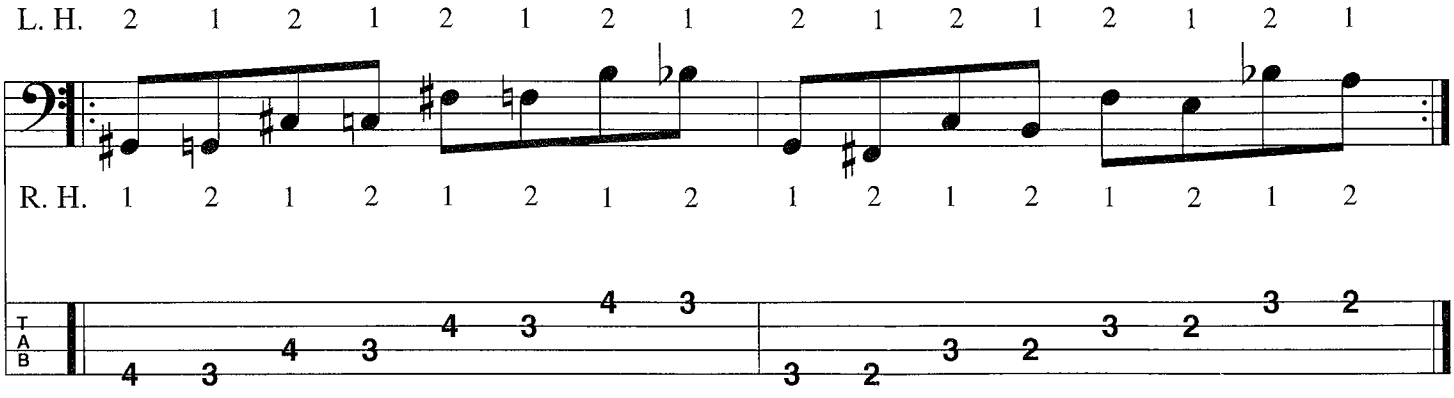
move up in whole steps



4.)



move up in whole steps

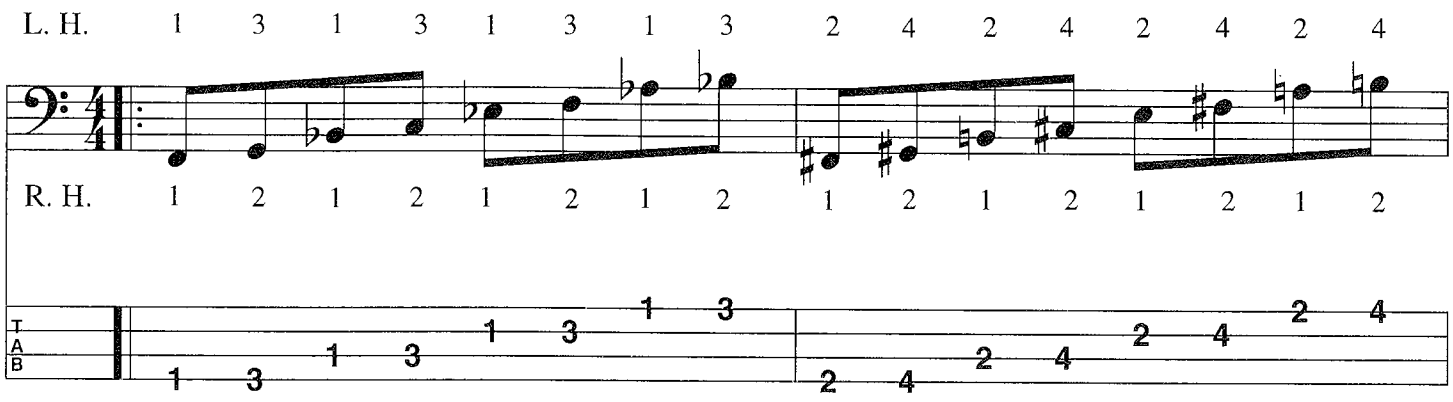


Track #62

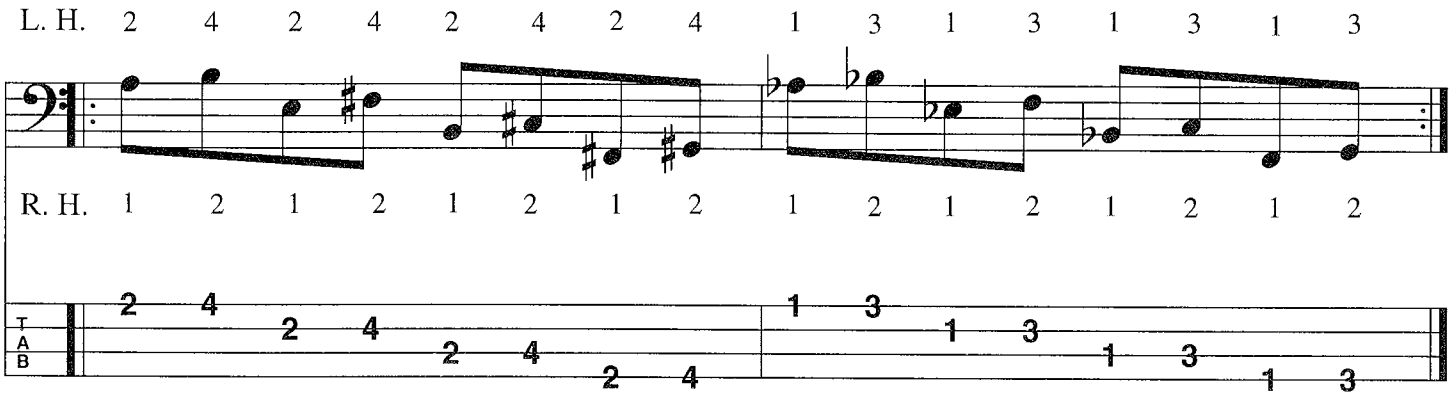
Left & Right Hand Sync. Exercises

Inverting left and right hand motion over half steps

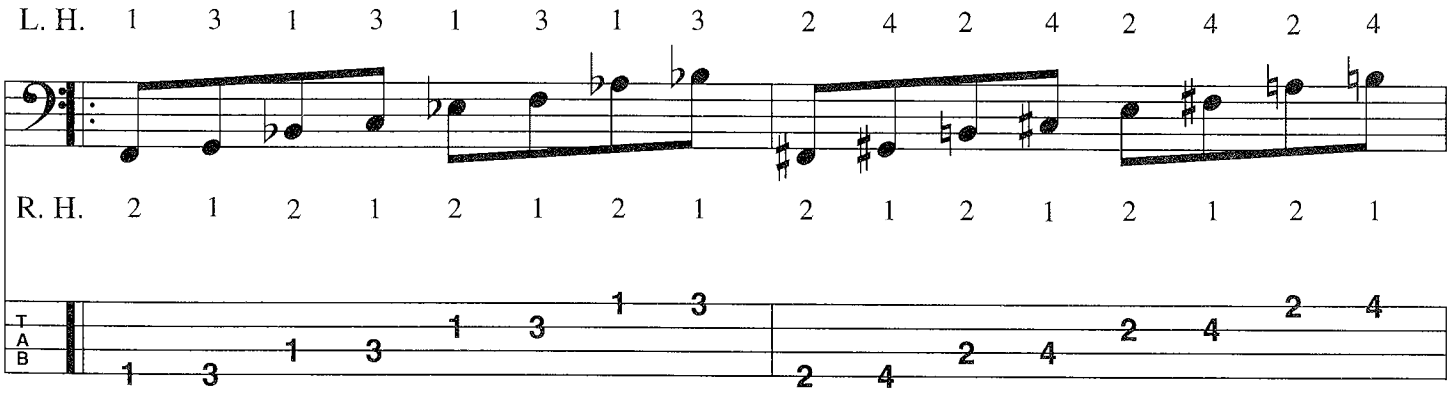
1.)



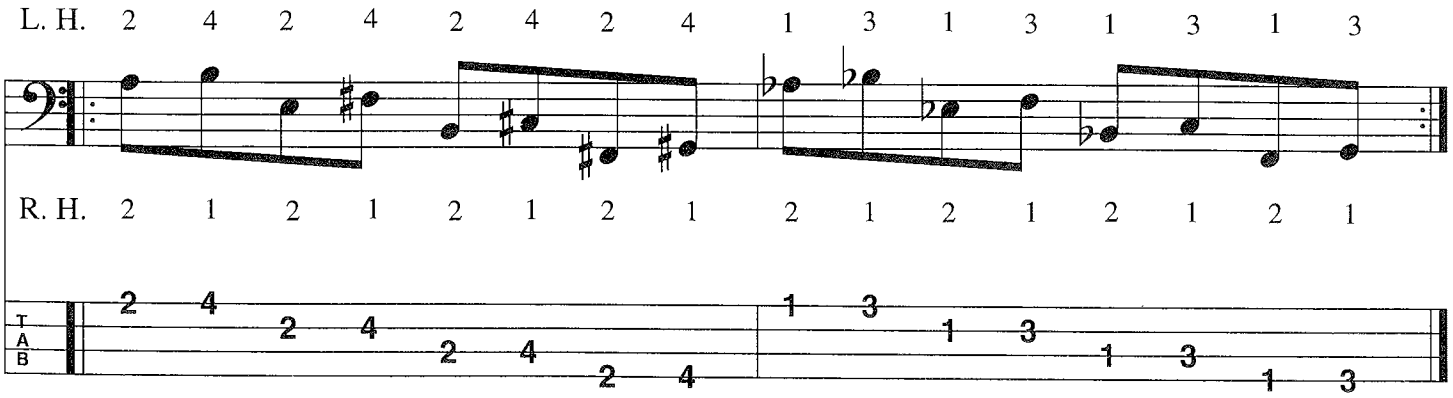
move up chromatically



2.)

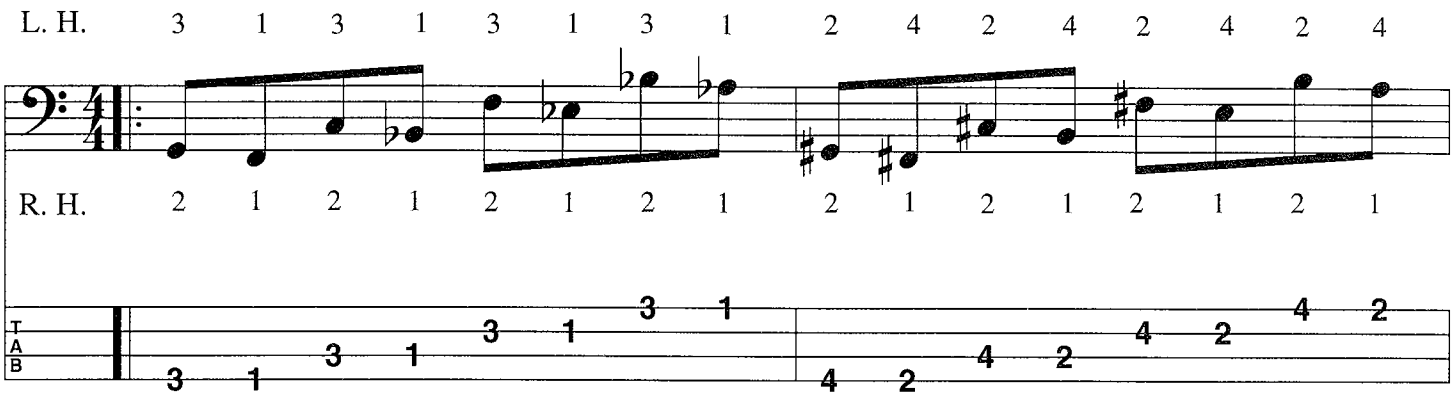


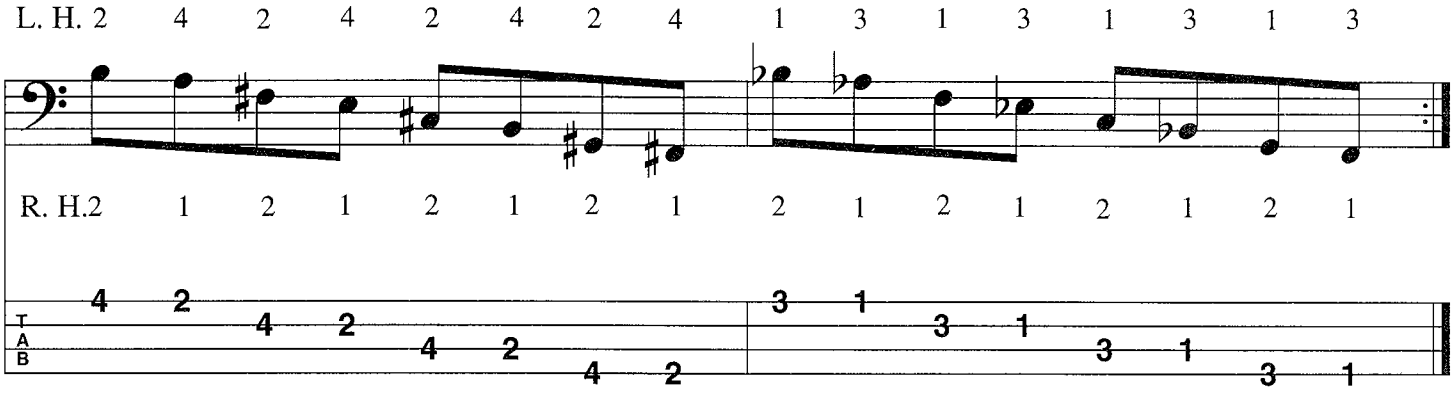
move up chromatically



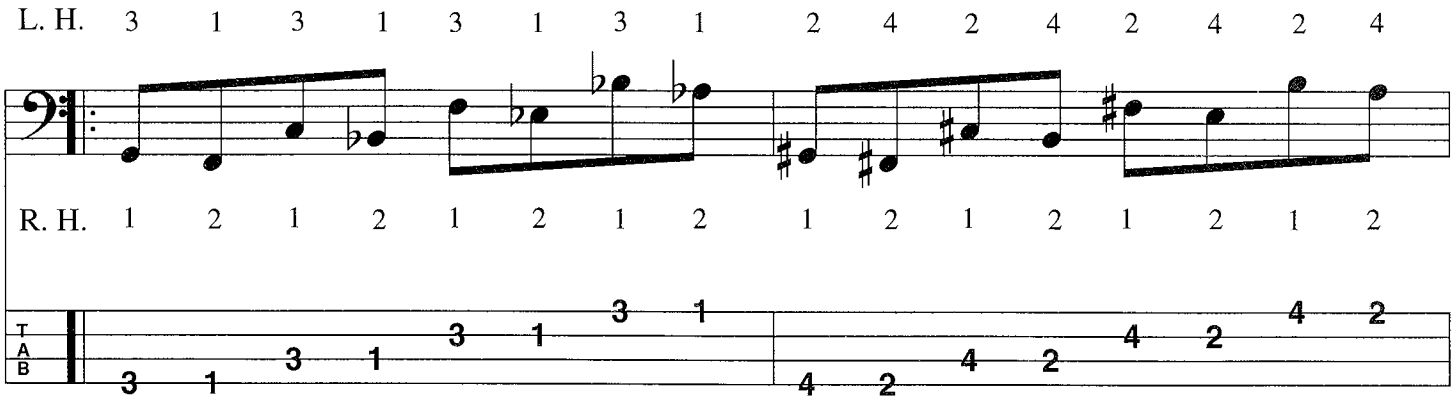
Track #63

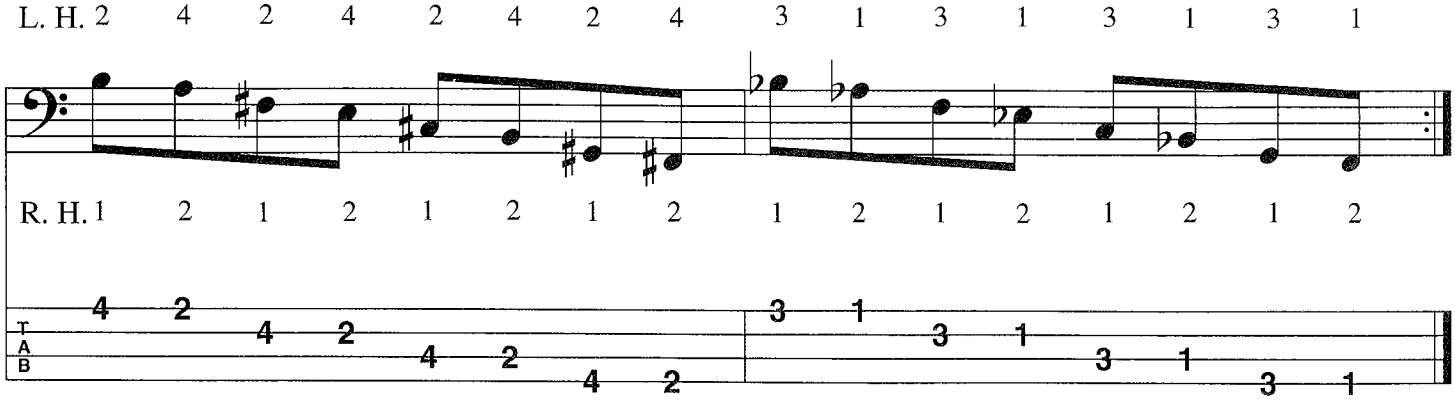
3.)


L. H. 3 1 3 1 3 1 3 1 2 4 2 4 2 4 2 4
R. H. 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1
T A B


L. H. 2 4 2 4 2 4 2 4 1 3 1 3 1 3 1 3
R. H.2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2
T A B

4.)


L. H. 3 1 3 1 3 1 3 1 2 4 2 4 2 4 2 4
R. H. 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2
T A B


L. H. 2 4 2 4 2 4 2 4 3 1 3 1 3 1 3 1
R. H. 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2
T A B

Great Music at Your Fingertips